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City of Royal Oak and Royal Oak Schools present

Dream Home Expo March 22, 2014

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A COMMUNITY COLLABORATION:





Royal Oak RECREATION



Browse through the variety of programs offered for youth and adults.



45 & Up Workout to Oldies Music

GREAT FOR BEGINNERS!

In this fun-filled class for the mature yet young at heart participant, get a motivating workout to the songs you love to hear – without complicated choreography. Perform simple low-impact, joint-friendly moves to burn calories, condition your body, and improve balance and functional fitness. Bring a mat or towel for floor work and water. Light hand weights are optional.

Tuesday, 7:30-8:30 pm

April 15 - June 3 at Salter Community Center **FF2001**

Thursday, 7:30-8:30 pm

April 17 - June 5 at Salter Community Center **FF2002**

20/20/20 **NEW!**

This class includes 20 minutes each of three essential components of fitness: cardio, strength and flexibility. Cardio portion includes warm-up, aerobic drills and combos. Hand weights will be used during strength segment. A series of controlled, concentrated stretches in the final flexibility section will enhance range of motion and release stress. Bring a mat, hand weights and water.

Wednesday, 5:50-6:50 pm

April 16 - June 4 at M/M Senior/Community Center **FF2006**

Head-to-Toe Body Toning with Core Training

Sculpt your muscles, improve posture, build strength and endurance, increase flexibility and balance, and create a firmer physique in this top to bottom toning class. After a brief warm-up, work core, lower and upper body through a varied blend of muscle toning exercises, mat workout moves and yoga stretches, with particular focus on the abs, back, hips and glutes. Bring water, mat, towel and hand weights.

Wednesday, 7:00-8:00 pm

April 16 - June 4 at M/M Senior/Community Center **FF2003**

NEW!

Cardio Sculpt

Don't have a lot of spare time? The best of two popular workouts in one – 30 minutes of heart-friendly, high-energy, fat-blasting aerobics followed by 30 minutes of total body strength training, including abs – make this the perfect class for those pressed for time! Bring a mat, hand weights and water.

Monday, 5:50-6:50 pm *No class May 26*

April 14 - June 9 at M/M Senior/Community Center **FF2005**

Circuit Interval Training

Short circuit the calories in this fun yet challenging cross-training class in which aerobic segments designed to burn fat alternate with muscle reps using weights and bands to tone and strengthen. Ever-changing intervals of cardio, body sculpting and core conditioning will keep you moving without fancy choreography. This effective, heart-smart combination will put you on the road to a powerful, supple body. Bring 3 to 5 lb. weights, band or tubing, mat, towel and water. Bands available for purchase in class.

Monday, 7:00-8:00 pm *No class May 26*

April 14 - June 9 at M/M Senior/Community Center **FF2008**

Kickbox Sculpt

Get a total body workout with two favorites – non-contact kickboxing plus muscle conditioning. Half cardio kickboxing moves utilizing martial arts techniques and half total body strength training, including abs, make this a very efficient class. Bring a mat, water, towel and hand weights.

Thursday, 6:20-7:20 pm

April 17 - June 5 at M/M Senior/Community Center **FF2007**

Total Body Conditioning

Build muscle strength and endurance and burn more calories for safe, fast results with this joint-friendly training set to energetic music. Whether you are a beginner with new fitness goals or an experienced exerciser looking for a cross-training body toning workout, this fun class is for you. The cardio warm-up leads into weights and band resistance segments geared to sculpt and strengthen muscles, ending with a series of refreshing muscle stretches. Bring a mat, hand weights, dynaband, towel and water. Dynabands available for purchase in class.

Tuesday, 6:20-7:20 pm

April 15 - June 3 at Salter Community Center **FF2010**

Thursday, 6:20-7:20 pm

April 17 - June 5 at Salter Community Center **FF2011**

Saturday, 8:45-9:45 am *No class May 24*

April 12 - June 7 at Salter Community Center **FF2012**

Class fees on page 3.

FITNESSFACTORY INC.

Mat Pilates

Pilates, a non-impact deep muscle conditioning method, strengthens the body's "powerhouse" – the abdominal, gluteal and back muscles – by redressing unbalances and altering movement patterns. This mat-intensive workout enhances posture, flexibility, endurance and balance while toning and firming your core and can be modified from gentle to challenging, depending on fitness level and goals. Wear comfortable clothing, and bring a mat and light weights.

Monday, 6:20-7:20 pm No class May 26

April 14 - June 9 at Salter Community Center **FF2013**

Wednesday, 6:20-7:20 pm

April 16 - June 4 at Salter Community Center **FF2014**

Pilates-Yoga Fusion **NEW!**

A blend of the two practices of yoga and Pilates, this class strengthens, tones, builds muscle and increases flexibility by addressing all major muscle groups. From classic yoga moves like Downward Dog and Warrior poses to the Pilates 100, the exercise progressions are suitable for all levels of participants. Bring a mat, water and towel.

Tuesday, 6:20-7:20 pm

April 15 - June 3 at M/M Senior/Community Center **FF2015**

Zumba

Are you ready to party yourself into shape? Set to Latin and other international music with exotic rhythms, this fun dance fitness workout class is extremely effective in burning calories and keeping the heart rate up. The steps are easy to learn and follow and will get you moving in an exhilarating new way for a high-energy workout to tone and shape your entire body. Bring a water bottle and towel, and leave your inhibitions behind!

Tuesday, 7:30-8:30 pm

April 15 - June 3 at M/M Senior/Community Center **FF2016**

Thursday, 7:30-8:30 pm

April 17 - June 5 at M/M Senior/Community Center **FF2017**

PLEASE REGISTER EARLY to ensure your spot in class. Any classes not meeting minimum enrollment requirements one business day prior to start date may be subject to cancellation.

FEES FOR ALL FITNESS FACTORY CLASSES:

	Res.	Non-Res.	
1 class per week	\$ 56	\$ 61	8 weeks
2 classes per week	\$ 96	\$101	8 weeks
3 classes per week	\$132	\$137	8 weeks
Unlimited	\$184	\$189	8 weeks

Note: For 1, 2 or 3 classes a week, you must indicate which days you will be attending; no make-ups or substitutions will be allowed. Only Unlimited enrollees may mix and match any Fitness Factory classes shown on pages 2 and 3.

Tai Chi

An ancient Chinese discipline designed to enhance the body, mind and spirit, and leave you feeling refreshed. You will gain better muscle tone, improve joint flexibility, and increase circulation. Wear comfortable, loose-fitting clothing. The instructor, Han Hoong Wang, is licensed to instruct through the Chinese government and has been teaching more than 25 years.

Yang Style Section 1 of 103 Form - Beginner

Monday, 6:30-7:30 pm **AF 2001**

April 14 - June 2 at Churchill Comm. Ed Center

Fee: Res. \$49; Non-Res. \$54 / 7 weeks

No class May 26

Yang Style Section 2 of 103 Form

Monday, 7:30 - 8:30 pm **AF 2002**

April 14 - June 2 at Churchill Comm. Ed Center

Fee: Res. \$49; Non-Res. \$54 / 7 weeks

No class May 26

Yang Style Sword - Beginner/Continuing

(Must know hand form)

Monday, 8:30 - 9:30 pm **AF 2003**

April 14 - June 2 at Churchill Comm. Ed Center

Fee: Res. \$49; Non-Res. \$54 / 7 weeks

No class May 26

Yang Style Section 3 of 103 Form

Thursday, 6:30-7:30 pm **AF 2004**

April 17 - May 29 at Churchill Comm. Ed Center

Fee: Res. \$49; Non-Res. \$54 / 7 weeks

Yang Style Push Hands

(No beginners; must know hand form)

Thursday, 7:30 - 8:30 pm **AF 2005**

April 17 - May 29

at Churchill Comm. Ed Center

Fee: Res. \$49; Non-Res. \$54 / 7 weeks

Chen Style

Tai Chi New Frame

(first routine; must know silk reeling)

Thursday, 8:30 - 9:30 pm **AF 2006**

April 17 - May 29 at Churchill Comm. Ed Center

Fee: Res. \$49; Non-Res. \$54 / 7 weeks



Activity Cancellation

Due to bad weather

248-246-3187

When Royal Oak Schools are closed, Recreation Department classes held in school facilities are cancelled.

Hatha Yoga

Rejuvenate your mind and body. Improve your mental concentration, body alignment, and learn to enjoy deep relaxation. Join our basic Hatha Yoga class. Everyone is welcome regardless of age, flexibility, or fitness level. Postures can be modified to make the practice as gentle or challenging as each individual needs. We practice without competition or judgement. Yoga is especially beneficial for people leading stressful lives as it promotes centering, balance, and relaxation which enhances our quality of life.

Classes are for all skill levels. Beginners are welcome.

Wear comfortable, loose clothing and **bring a mat, blanket and strap.** Do not eat 1½ to 2 hours prior to class. Instructor: Christine Walbridge.

Monday at Senior/Community Center

April 7 - June 30, 5:40 - 6:55 pm **AF2007**

April 7 - June 30, 7:00 - 8:15 pm **AF2008**

Fee: Res. \$84; Non-Res. \$89 / 12 weeks

No class May 26

Wednesday at Senior/Community Center

April 9 - June 25, 7:00 - 8:15 pm **AF2009**

Fee: Res. \$84; Non-Res. \$89 / 12 weeks

Thursday at Senior/Community Center

April 10 - June 26, 7:00 - 8:15 pm **AF2010**

Fee: Res. \$84; Non-Res. \$89 / 12 weeks



Water Aerobics

You do not need to know how to swim. A challenging aerobics workout that is fun, safe and effective. Increase flexibility, tone and strengthen muscles utilizing the support and massaging effect of the water. Locker room available, bring your own lock, towel and suit. Leave your valuables at home. Program fills quickly.

Wednesday at Royal Oak Middle School (Dondero) Pool

April 16 - June 11, 7:00 - 7:55 pm **AF2011**

Fee: Res. \$63; Non-Res. \$68 / 9 weeks

Aqua Zumba

Come and join the Ultimate Pool Party. Have fun exercising, dancing, wiggling, and getting fit to make-you-want-to-move Latin Music! Zumba Workout in the Water! No dance or Zumba experience necessary. All levels welcome. Bring water shoes, a towel and a smile! No Sweat!

Wednesday at Royal Oak Middle School (Dondero) Pool

April 16 - June 11, 8:00 - 8:55 pm **AF2012**

Fee: Res. \$63; Non-Res. \$68 / 9 weeks

Swimming

For information on swimming programs, call the School Board Athletic Office at 248-435-8500, ext. 1148, see page 46 or visit www.royaloakschools.org.

Special Thanks

A special thanks to the Royal Oak School District for the excellent City-School cooperation which allows us to provide numerous activities in school facilities.

Line Dancing

5 - 6 - 7 - 8 isn't line dancing great! Welcome to the fun world of LINE DANCING! It's as easy as saying 5, 6, 7, 8 and you don't need a partner. Line dancing is easy, lots of fun and can be done at any party or social function. Line dancing is terrific exercise for mind, heart and body. Bring your friends and join us. Instructors: Joe and Penny Barker, County Cuzzins Dancin.



EZ Intermediate - Single Dancer

Monday, 7:00-8:00 pm at Addams Small Gym

April 14 - May 19 **AE 2005**

Fee: Res. \$30; Non-Res. \$35 / 6 weeks

Water Color Painting

Beginning through Experienced Students

Noted Bloomfield Hills artist, Karen Halpern, will guide beginning through experienced students in working effectively with watercolor. While learning about color, design, shading and painting techniques, you will enjoy the brilliance of the paint, the sparkle of its transparency, and the pleasure of color mixing. Supply list is available.

Monday, 1:30 - 3:30 pm at Senior/Community Center (Room 3)

April 21 - June 23 **AE 2006**

Fee: Res. \$112; Non-Res. \$117 / 9 weeks

No class May 26

Who to Contact

John Lindell Ice Arena	248-246-3950
Swimming (see page 46)	248-435-8500 ext. 1148
Boys & Girls Club of SOC	248-544-4166
RO Sandlot League	www.eteamz.com/royaloaksandlotleague
ROYSA (Youth Soccer)	www.roysa.com
Royal Oak Youth Football	www.royft.com
Royal Oak Hockey	www.royaloakhockey.com

Memorial Day Pancake Breakfast

**Monday, May 26
7:00 am - 12 noon**

Royal Oak Farmers Market

Adults \$6.00

Children 10 & under \$3.00

*Proceeds support the
Royal Oak Historical
Society Museum*



Spring Running

Have you always wanted to try running? Are you running a 5K or 10K or half marathon race? Are you too intimidated to join a running group or enter a race? The following programs can help you and inspire you!

The “Couch to 5K” program is designed for individuals who have never run before or who are looking for a fun way to get in shape and increase their cardiovascular endurance. This program gets you off the couch and running 3.1 miles in 10 weeks. All abilities welcome. The goal is to run the Oak Apple 5K May 31, the MIU Detroit Zoo run on June 15 or any other local 5K race. **Run/walkers welcome!**

The “10K program” is designed for the runner who can already run 2 or 3 miles at one time or who has completed the Beginner Program, but has no knowledge on how to run their first 10K. It is an 8-week program that helps the runner learn about paces, and training tools to make them better and more efficient. The goal is to run the Oak Apple 10K on May 31 or any local 10K race.



In all of the Enspire Running Programs, your Certified Coach will provide weekly running tips on numerous topics. The program includes coached runs, community group runs, individualized training schedules, motivational email blasts, Facebook interaction and discounts from Hansons Running Shop. *Race entry fee not included.*

Locations: Parking lot east of RO High School on Lexington across from Total Soccer or Hansons Running Store, 3407 Rochester Road, just north of 13 Mile Road.

Coach: Michelle Miller, CPT, Enspire Fitness

“Couch to 5K”

March 24 - May 31 (2x per week / 10 weeks) **AF2200**

Location: Parking lot east of R.O. High School on Lexington

Mondays, 6:30 pm and Saturdays, 10:00 am

Fee: \$149.00*

Run the Oak Apple “10K”

April 3 - May 22 (1x per week / 8 weeks) **AF2202**

Location: Hansons Running Store, 3407 Rochester Road

Thursdays, 6:30 pm

Fee: \$89.00*

**Cost does not include*

Race Day entry

Check the Summer Insight for our beginner's half-marathon and marathon training programs and a new kids running club program.



There's been a mysterious abduction in downtown Royal Oak.

The perpetrator has left a cryptic ransom note and we need your help solving this case before it ends terribly. The clock is ticking and we'll be forwarding you new information as it comes in. Can your team of investigators use the intel provided to determine WHO was kidnapped, WHAT the ransom is, and WHERE to make the drop?

Could it be the police chief that's the hostage? Is it a bag of loot that the kidnapper wants? Will the drop take place in Gusoline Alley?

Register your team of four to find out.

When: Saturday, June 14 at 8:00 pm

Where: On foot in downtown Royal Oak

What: A crime mystery for your team to solve that requires investigative work, problem solving, and crime scene analysis. Your team will be handsomely rewarded if you can crack the case before it's too late.

Cost: \$80 per team of 4 **AE2014**

Space is limited to 20 teams of 4 adults (21+). This event is rain or shine. Please provide an e-mail address to receive information from Quizzo! Detroit.

www.quizzodetroit.com



Hoopnotica

Hula Hoops have made a comeback! Learn how to take this well-known toy and transform it into a Whole Body, High Cardio, Mind Body Workout! HOOPNOTICA is a creative new way to Burn Calories (450-600 an hour!), Lose Weight, Increase Energy & Self Esteem, Relieve Stress, Improve Balance, Rhythm & Coordination. Maybe you couldn't Hoop as a child or have never been able to keep the Hoop up? No Fear! In class we will go over the basic moves necessary to get you Hooping with confidence & grace while we explore how to move our bodies and Hoops to flow with the music. Get ready to say Hello to your Tight New Core! Did you know that 30 minutes of Hooping is like doing 500 crunches! Everyone learns at their own pace in this fun, laid back atmosphere! Adult-sized, slightly weighted Hoops are provided for use during class. Comfortable cotton, non-baggy clothes & sneakers are best. Don't forget to bring water for hydration! Class size is limited! Register early to guarantee your spot! 10 student maximum. Instructor: Lisa King, www.facebook.com/floweroflifehoops



Wednesday at Salter Community Center (Lincoln Room)

April 2 - May 21, 7:30 - 8:30 pm **AF2050**

Fee: \$65 / 8 weeks

Saturday at the Salter Community Center (Dance Room)

April 5 - May 24, 10:15 - 11:15 am **AF2051**

Fee: \$65 / 8 weeks



Ballroom & Social Dance – Beginners

Come learn the basics of lead and follow, timing, and various patterns in Foxtrot, Waltz, Rumba, and Swing. These dances cover a range of timings and music that are played at night clubs, weddings, galas, and parties everywhere. This course is recommended before taking the Latin Dance for Beginners class. Students should wear leather soled shoes or footwear that you would wear to a night club or wedding (no flip-flops, sneakers, or slide-on shoes please). The instructors have over 30 years of combined teaching experience and enjoy helping beginners feel more confident on the dance floor. *Class held at The Social Ballroom, 23839 John R, Hazel Park, 48030, south of Woodward Heights (9 ½ Mile Road).* For more information go to www.emilyrosetalent.com.

Tuesday, 8:30 pm at The Social Ballroom

April 8 - May 27 **AE2001**

Fee: Res. \$200; Non-Res. \$205 / 8 weeks (per couple)

Getting Paid to Talk

Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials and more, this class will introduce you the growing field of voice over. Learn how to use your vocal instrument, how to prepare a demo, and where to find work. Students will have an opportunity to record a professional script, learn how to take direction and audition, as well as studio protocol. This class is a great first step for anyone interested in the voice over field. Instructor: Emily Rose

Wednesday at The Social Ballroom

April 9 - May 14, 7:30 - 9:00 pm **AE2020**

Fee: \$200 / 6 weeks (materials included)

Learn How to Airbrush

Lessons include how to use all types of paint, and paint on a variety of surfaces, including 3D. Learn how to purchase the right airbrush for your needs and how to operate and maintain your airbrush. Students will also learn how to use masking, templates and freehand techniques as well as custom make-up, lettering and pin-stripping techniques. Learn how to start making money with your airbrush and more! Instructor: Michael, customworx@mail.com

Tuesday at The Social Ballroom

May 6 - June 10, 7:00 - 9:00 pm **AE2021**

Fee: \$200 / 6 weeks (materials included)

Stress Management Solutions

The stress response is an instinctive reaction that comes from the oldest portion of our brains, also called Fight or Flight. In this course we will analyze the stress response, learn about the danger signs and effects of stress, as well as practice stress solutions, using a variety of techniques. Find the solution to your stress response and improve the quality of your life! Instructor: Emily Rose

Monday, April 21, 7:30 - 9:00 pm at The Social Ballroom AE2022

Fee: \$55 / 1 day (materials included)

Meditation Basics

Have you heard about the health benefits of meditation but are unsure of how to begin? Learn the fundamentals of meditation through breathing, centering, and visualizing techniques. Instead of turning to prescription drugs, self-medicating, emotional eating, shopping, or other unhealthy coping behaviors, use the meditation practices introduced in this class to improve your physical and mental well-being. Instructor: Emily Rose

Monday, April 28, 7:30 - 9:00 pm at The Social Ballroom AE2023

Fee: \$55 / 1 day (materials included)

What is the Light Body?

Learn about the ancient and universal teachings of the Light Body, and what is behind this popular and powerful concept. Lecture covers the history of knowledge of the Light Body as well as exercises and activation methods to develop your Light Body. The essential gift we receive as a result of developing the Light Body is to create the union between the higher consciousness and the physical consciousness, allowing one to live as an evolved being of higher awareness! Instructor: Emily Rose

Monday, May 5, 7:30 - 9:00 pm at The Social Ballroom AE2024

Fee: \$55 / 1 day (materials included)

The Mystery Schools in History

Have you heard about the Legend of Atlantis? Learn about the origins of the Human Mystery Schools and their link to an ancient civilization that operated on crystal technology. Discover how the Atlanteans preserved their wisdom and traditions over 4,000 years! Instructor: Emily Rose

Monday, May 12, 7:30 - 9:00 pm at The Social Ballroom AE2025

Fee: \$55 / 1 day (materials included)

**All above classes are held at The Social Ballroom, 23839 John R in Hazel Park.
For more information, call 248-515-6989.**

The Royal Oak Day Camp will be held at Royal Oak High School (Kimball), 1500 Lexington Blvd. (corner of Crooks).

Day Camp is a fantastic chance to fill your summer with great fun like outdoor skills, games, crafts, sports, swimming and more. Camp is open to youth who have **completed kindergarten** through age 12 (must be 5 by 12/1/13). Campers are divided by age groups for activities. There is a 10:1 camper to counselor.

Camp fee is \$125 per week. Camp hours are Monday-Friday, 9 am - 4 pm. We have additional hours for working parents, 7:30-9 am and 4-6 pm, for a \$30 fee weekly. We do charge a \$10 late fee if children are not picked up by 6:00 pm. Bring a sack lunch *with drink* every day. We supply campers with a daily snack and program supplies. Sign up for any number of weeks because the activities are always changing.



Camp Schedule:	Week 1	June 16 - 20	Week 6	July 21 - 25
	Week 2	June 23 - 27	Week 7	July 28 - August 1
	Week 3	June 30 - July 3 (4 days only \$100)	Week 8	August 4 - 8
	Week 4	July 7 - 11	Week 9	August 11 - 15
	Week 5	July 14 - 18		

Maximum of 50 campers per week. This program will sell-out! Because of the popularity of our program, we require payment in full at the time of registration for all the weeks you will be attending camp. For your convenience, we offer credit card (Visa/MC/Discover) payment.

Open registration for new Day Camp participants begins Tuesday, March 25 at 8:30 am

Walk-in registrations will be given first priority. Mail and fax registrations will be processed after 12 noon on March 25.

You may register in person, by mail or fax. NO TELEPHONE REGISTRATIONS.

By Mail: Royal Oak Recreation
PO Box 64
Royal Oak, MI 48068
(248) 246-3180
(248) 246-3007 Fax

In Person: Dept. of Recreation and Public Service
1600 N. Campbell Rd.
Royal Oak, MI 48067
Office Hours:
Monday-Friday, 8:30 am - 4:30 pm

DAY CAMP 2014

Camper Name _____ Date of birth _____
Address _____ Home Phone _____
City, ZIP _____ Work Phone _____
E-mail _____ Parent/Guardian Name _____

Please circle weeks for which you are registering. If you need before or after care, please check box for AM, PM or both.

Week 1	<input type="checkbox"/> AM <input type="checkbox"/> PM	Week 2	<input type="checkbox"/> AM <input type="checkbox"/> PM	Week 3	<input type="checkbox"/> AM (4 days) (\$100) <input type="checkbox"/> PM	Week 4	<input type="checkbox"/> AM <input type="checkbox"/> PM	Week 5	<input type="checkbox"/> AM <input type="checkbox"/> PM
Week 6	<input type="checkbox"/> AM <input type="checkbox"/> PM	Week 7	<input type="checkbox"/> AM <input type="checkbox"/> PM	Week 8	<input type="checkbox"/> AM <input type="checkbox"/> PM	Week 9	<input type="checkbox"/> AM <input type="checkbox"/> PM		

Total amount \$ _____

Payment method: ☐ Check ☐ Visa/Discover # _____ CVV2 _____

☐ Mastercard # _____ CVC2 _____

Cardholder Name _____ Expiration Date _____

The City of Royal Oak assumes no responsibility for personal injuries or loss of property while using City or School facilities. It is recommended that anyone enrolled in an activity, or using one of our facilities in general, make provisions to provide adequate coverage within their own family insurance. By registering for Department of Recreation and Public Service programs, registrants realize the inherent risks involved in the programs and appreciate the nature of the risks.

Signature of Parent or Guardian _____ Date _____



Spring Tennis 2014

Location: All classes take place at the Worden Park Tennis Courts on Lexington, north of 13 Mile Road east of Crooks Road next to the Lindell Ice Arena (behind green Total Soccer building), unless otherwise noted.

Registration: Pre-registration for all classes is required online at www.luvalltennis.com

Payment:

- **By check.** Please send check made payable to Luv All Tennis to:
Luv All Tennis, PO Box 955, Royal Oak MI 48068
- **Paypal.** Please note there will be a \$3 processing charge when using Paypal.
- A \$5 fee will be charged for payments received past the first week

Class Information:

Please bring your own racquet. For youth classes we recommend a youth racquet. Luv All Tennis sells them for \$20 – email Laura, laura@luvalltennis.com to place your order.

Please bring a water bottle and wear tennis shoes for class.

Adults interested in USTA League play beginning end of May, Luv All has a 3.5 Women's, 4.0 Women's and Men's Team, 2.5, 7.0 & 8.0 mixed Leagues too. Email Mackenzie Miller, mackenzie@luvalltennis.com for more league information or to join a league.

Youth Outdoor Tennis

Wednesdays, May 7 - June 4 (5 weeks)

Rain make-up date: Wednesday, June 11

Class	Age	Time	Cost
Bitty Pee Wee	3-5	4:00-4:30 pm	\$34
QuickStart Beginner*	K-5 grade	4:30-5:30 pm	\$68
QuickStart Intermediate*	K-5 grade	5:30-6:30 pm	\$68

*We need parent involvement for QuickStart Programs. Please volunteer and take 10% off class price. Contact Head Coach Laura Burleigh, laura@luvalltennis.com, to let her know you will join in the coaching fun!

Thursdays, May 8 - June 5 (5 weeks)

Rain make-up date: Thursday, June 12

Class	Age	Time	Cost
Pee Wee	4-6	4:00-4:45 pm	\$51
Youth Beginner	7-11	5:00-6:00 pm	\$68
Youth Intermediate	9-11	6:00-7:00 pm	\$68

New for Middle School Players!

Fridays, April 25 - June 6 (6 weeks) No class May 23

Rain make-up date: Friday, June 13

Class	Age	Time	Cost
Royal Oak Inner-Club Tennis Team!	6-8 grade	4:00-6:00 pm	\$85

This program takes place at the Royal Oak Middle School Tennis courts on Washington Ave. Students of all levels, grades 6-8, from all schools in the area are welcome to attend. Players will develop basic tennis strokes plus singles and doubles strategy. Inner-team matches will be played as well as possible scrimmages against other teams. All Participants will receive a team t-shirt!

What is ROCTA? The Royal Oak Community Tennis Association is a not for profit association set up through the U.S.T.A. to grow and promote tennis for all ages in our community. Become a member of this active association! We run tournaments, spruce up our Royal Oak Tennis Site, offer free Play Days for kids, and more! Contact Laura Burleigh, laura@luvalltennis.com to get involved.



Elite Girls' Middle School Tennis Team: This team is for 5th - 8th grade girls who have competitive match play experience and are looking for Spring match play against other Metro-Detroit teams. Coaching provided by Luv All Tennis/R.O.C.T.A.

Tryouts: Saturday, April 5, 10:00 am - 12 noon at Royal Oak Middle School.

Cost: Tryouts are \$5 per girl. Players who make the team will be charged an additional \$65.

Practices: Saturdays, April 12 and 26, from 10am - noon.

Matches: Match play begins the week of April 28 and ends the week of May 19.

Adult Outdoor Tennis

Wednesdays, May 7 - June 25 (8 weeks)

Rain make-up date: Wednesday, July 2

Class	Time	Cost
Doubles League	6:30 - 8:30 pm	\$90

Thursdays, May 8 - June 5 (5 weeks)

Rain make-up date: Thursday, June 12

Class	Time	Cost
Beginner	6:00 - 7:00 pm	\$68
Cardio Tennoga	7:00 - 8:30 pm	\$101

Fridays, May 9 - June 6 (4 weeks) No class May 23

Rain make-up date: Friday, June 13

Note – Friday classes are held at Royal Oak Middle School on Washington Ave.

Class	Time	Cost
Adult Advanced Beginner	6:00 - 7:00 pm	\$54
Adult Drill & Play*	7:00 - 8:30 pm	\$81

*To participate in Adult Drill & Play, player must be a 3.5 and above.


LEISURE
unlimited

West Bloomfield, Michigan — (248) 682-6587

Sports Starters Ages 3 - 5

A fun introduction to individual sports skills. Various balls, bean bags and hula hoops will be used to help your toddlers understand and execute the skills of running, catching, throwing, and kicking. Class emphasis is on participation, effort and FUN! Wear tennis shoes and bring a water bottle. Instructor: Leisure Unlimited (www.leisureunlimited.net), minimum 9 students.

Wednesday at Salter Community Center

March 12 - April 23, 4:00 - 4:45 pm *No class 4/9* **YA2004**

Fee: Res. \$62; Non-Res. \$67 / 6 weeks

Wednesday at Salter Community Center

May 7 - June 11, 4:00 - 4:45 pm **YA2001**

Fee: Res. \$62; Non-Res. \$67 / 6 weeks

Kiddie Sports & Games Ages 4 - 6

Introduce your youngsters to a variety of sports including soccer, lacrosse, floor hockey, tee-ball, volleyball, pickleball, kickball, football and a few surprises! We teach sports fundamentals with fun, progressive drills and games. Children improve their individual skills and work at their own pace. Our emphasis is on teamwork, cooperation and effort. Bring a water bottle and wear gym shoes. Instructor: Leisure Unlimited (www.leisureunlimited.net), minimum 9 students.

Wednesday at Salter Community Center

March 12 - April 23, 5:00 - 5:55 pm *No class 4/9* **YA2005**

Fee: Res. \$62; Non-Res. \$67 / 6 weeks

Tee Ball Ages 4 - 6

Kids will learn throwing, base-running, catching, batting and fielding. Fun, progressive drills allow kids to advance at their own pace in a safe environment. Emphasis is on effort, teamwork and sportsmanship. Kids will scrimmage during class time. Wear gym shoes and bring a water bottle. Mitts are optional – please label. Instructor: Leisure Unlimited (www.leisureunlimited.net), minimum 9 students; maximum 24.

Wednesday at Salter Community Center

May 7 - June 11, 5:00 - 5:55 pm **YA2002**

Fee: Res. \$62; Non-Res. \$67 / 6 weeks

Youth Basketball Ages 7-11

Jump into the fast-paced game of basketball. For the beginning and intermediate player. Using progressive drills and games, players will learn dribbling, passing, positions, shooting techniques, offenses and defenses. Kids will scrimmage during class time. Emphasis is on effort, teamwork and sportsmanship. Wear gym shoes, bring a water bottle and a ball (ball is optional). Instructor: Leisure Unlimited (www.leisureunlimited.net), minimum 9 students.

Wednesday at Salter Community Center

March 12 - April 23, 6:00 - 6:55 pm *No class 4/9* **YA2006**

Fee: Res. \$62; Non-Res. \$67 / 6 weeks

Wednesday at Salter Community Center

May 7 - June 11, 6:00 - 6:55 pm **YA2003**

Fee: Res. \$62; Non-Res. \$67 / 6 weeks



Kids Power Karate

This introductory program to traditional Tang Soo Do has been commended by many communities, law enforcement personnel, teachers and parents for the positive impact it has on children. It is a 20-year proven program that is positive, fun, exciting and educational. There is no better program for kids!

Little Ninjas – Ages 4-5

The Little Ninjas Karate Program is an introductory karate class specifically designed for children ages 4 and 5. It focuses on teaching children 8 important main life skills: Focus, Memory, Teamwork, Discipline, Self-Control, Fitness, Balance and Coordination. All this is achieved through exciting and fun games and activities! Wear loose fitting clothes. A responsible adult must remain in attendance during class.

Tuesday at Senior/Community Center

April 15 - May 20, 6:00 - 6:30 pm **YA 2011**

Fee: Res. \$37; Non-Res. \$42 / 6 weeks

Kids Power – Ages 6-12

The Kids Power Karate Program offers traditional martial arts training to children ages 6 through 12 and emphasizes self-defense, physical fitness, conflict resolution, team work and anti-kidnapping techniques. This program is designed specifically for children and teaches prevention first. It does not promote active aggressiveness but teaches children to respect themselves, others and the skills they learn. Wear loose fitting clothes. A responsible adult must remain in attendance during class.

Tuesday at Senior/Community Center

April 15 - May 20, 6:45 - 7:30 pm **YA 2012**

Fee: Res. \$40; Non-Res. \$45 / 6 weeks

Tuesday at Senior/Community Center

April 15 - May 20, 7:45 - 8:30 pm **YA 2013**

Fee: Res. \$40; Non-Res. \$45 / 6 weeks

Gymnasium Rentals

There are a few remaining time slots for gymnasium rentals at the Salter Community Center. The cost of renting the gym is \$60 per hour. For more information and available times, please call 248-246-3180.

Our Department receives federal funds from the US Department of the Interior. Accordingly, all activities must be operated free from discrimination, on the basis of race, color, national origin, age or handicap. Any person who believes he or she has been discriminated against or who would like further information regarding the prohibition of discrimination should write to:

Director, Equal Opportunity Program
National Parks Service
PO Box 37127
Washington DC 20013-7127



Our Preschool offers a wonderful learning environment for children three and four years old.

We are now enrolling for the 2014-2015 school year. Our 33-week school year begins September 8, 2014.

Our preschool is located at the Senior/Community Center at 3500 Marais (1 block north of 13 Mile Road and 3 blocks east of Crooks).

Our program offers the following:

- Story Time
- Physical Education
- Music
- Computers
- Many enjoyable hands-on activities that promote: pre-reading, pre-math, thinking and reasoning skills, and language development.
- Science
- Art
- Free Play Time

2014 - 2015 Class Schedule and Pricing

Tues/Thurs Morning, 8:30 - 11:00 am

PRE2014-R3

Tuition for our morning 2-day a week program is \$967. This includes a non-refundable registration fee of \$100 and three installments of \$289.

Mon/Wed/Fri Morning, 8:30 - 11:00 am

PRE2014-R1

FULL

Tuition for our morning 3-day a week program is \$1,450. This includes a non-refundable registration fee of \$100 and three installments of \$450.

Mon/Tues/Wed/Thurs Afternoon, 12:15 - 2:45 pm

PRE2014-R2

Tuition for our afternoon 4-day a week program is \$1,933. This includes a non-refundable registration fee of \$100 and three installments of \$611.

Four Seasons Preschool is licensed by the State of Michigan

www.fourseasonspreschoolonline.com





Little Hoop Stars Basketball Program



This is an introductory basketball program for boys and girls Pre-K through Kindergarten. Children learn the basics of dribbling, passing, shooting and defense utilizing fun drills designed to teach good fundamentals to such young children. Teams play a short scrimmage

game at the end of each session. Staff works on a 1:10 ratio to ensure individual attention when necessary.

Note: All game play is for the purpose of instruction of team concepts. All players will be expected to display good sportsmanship at all times. All spectators will be expected to root for all players on both teams.

Saturday at Salter Community Center

April 19 - May 24, 2:00 - 3:00 pm

Fee: \$65 / 6 weeks (includes team shirt and team trophy)

Hummingbirds Soccer Program

Children ages 3 to 5 years old will have fun and learn the basics of soccer: dribbling, passing, trapping, shooting and positioning. Each session consists of instruction in each aspect of the game, participation in fun drills that are designed to teach fundamentals, and a low-key, non-competitive game. All coaching will be conducted by Jump Start Sports staff but parents may assist. Children should wear shin guards and running shoes. Soccer balls are provided but children may bring their own.



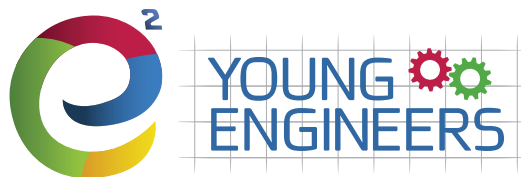
Saturday at Worden Park, Lexington Blvd., Royal Oak

April 19 - May 24, 12:00 - 1:00 pm

Fee: \$65 / 6 weeks (includes team shirt and team trophy)

Register online only at
www.JumpStartSports.com

For more information, contact Jonny Adornetto at
734- 634- 4970 or via email at jadornetto@jumpstartsports.com



e² Young Engineers is an educational company that currently caters to thousands of children worldwide. For more information visit their website at www.youngeng.net.

Big Builders – Ages 4-6

This program enables children to have FUN learning by integrating K'Nex with general knowledge in nature, space, science, transportation and day to day physics. The program illustrates theoretical knowledge in these fields through the use of stories, thinking, social games and model building – and HAVING FUN! Instructors also emphasize personal interaction and building a sense of self-confidence among all children participating. Min. 8, max. 12 students.

Thursday at Senior/Comm Center (room 8/9)

April 24 - May 29, 4:00 - 4:45 pm **YA2030**

Fee: \$81 / 6 weeks

LEGO® Challenge – Grades 1-5

This program integrates LEGO® with scientific and mathematical principles in a FUN and EXCITING way! Teaching is conducted using customized LEGO® kits with motors, gears and batteries. The programs utilize an Edutainment (Education + Entertainment) approach, transforming the learning process into a game while introducing children to theoretical and practical knowledge in the fields of Science, Technology, Engineering and Mathematics (STEM). Min. 10, max. 16 students.

Challenge I – For new participants

Thursday at Senior/Comm Center (room 8/9)

April 24 - May 29, 5:00 - 6:15 pm **YA2031**

Fee: \$105 / 6 weeks

Challenge II – For graduates of Challenge I

Thursday at Senior/Comm Center (room 8/9)

April 24 - May 29, 6:30 - 7:45 pm **YA2032**

Fee: \$105 / 6 weeks

Royal Oak Memorial Day Parade

Monday, May 26, 9:00 am





Young Rembrandts

Elementary Drawing – Ages 6-12

Think spring time with Young Rembrandts. If your children are baseball fans, they will love our baseball still life lesson. Plus, we will be drawing the exterior of a house using detail. As we apply color, we will be learning about warm and cool colors. We will also learn about legendary artist Edward Hopper, as we recreate one of his masterpieces. Finally, we will take an imaginary trip to Japan and learn about the artistry of the Kimono. Enroll today!

Saturday at Salter Community Center

April 26 - May 31, 10:00 - 11:00 am **YA2020**

Fee: \$65 / 5 weeks No class May 24

Preschool Drawing – Ages 3 ½ - 5

April showers bring May flowers and springtime is the right time to sign up your preschooler for a Young Rembrandts class! We will begin our adventure with an imaginary trip to the hardware store as we illustrate and learn about different tools. We will continue to stomp away springtime boredom as we draw and color a mighty dinosaur. The sky is the limit as we draw a colorful, patterned butterfly. We will soar to new heights with our fantastic kite drawing. There's no better time than now to enroll your student!

Saturday at Salter Community Center

April 26 - May 31, 11:15 am - 12 noon **YA2021**

Fee: \$63 / 5 weeks No class May 24

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Word Art Communication, Blog and Poetry

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WORD ARTIST/
POET/WRITER

Phone
(248) 547-2344

Email
patt@pattswordart.com

pattswordart.com



Join SOCRRA for an Earth Day celebration at our Recycling Center Open House. Participate in fun educational activities, see the display of art projects made from recycled materials and enjoy a tour of the recycling center.

Monday, April 21 - Friday, April 25, 4:30 pm - 5:30 pm
Saturday, April 26, 11:00 am - 12:00 pm

For more information, please call 248-288-5150
and ask for Karen Bever or visit www.socrra.org.



SOCRRA Recycling Center
995 Coolidge Hwy., Troy
Between 14 & 15 Mile

**COME AS YOU WERE
DANCE PARTY**

MARCH 28th 7-11 PM

ROYAL FARMERS MARKET

**FUNDRAISER SUPPORTING
A COMMISSION FOR THE ARTS**

**ADVANCE TICKETS \$25
\$20 AT THE DOOR**

**TICKETS INCLUDE 2 VOUCHERS
CAN BE PURCHASED AT THE ROYAL OAK FARMERS MARKET**

**SPONSORED IN PART BY
media GENESIS**

Royal Oak Nature Society

Protecting Our Nature Parks and Educating the Community

The Royal Oak Nature Society is a volunteer group working with the city to protect and promote the usage of Royal Oak's two nature preserves, Cummingston Park and Tenhave Woods. They are also creating an arboretum in Worden Park East. If you are interested in joining the conservation effort or just need more information, please contact us at (phone) 248-246-3380 and leave a message, (e-mail) naturesociety@ci.royal-oak.mi.us, (regular mail) 1600 N. Campbell Rd, Royal Oak, 48067 or go to our web page at www.ci.royal-oak.mi.us/nature. Park trail maps and maps showing the location of Tenhave Woods, Cummingston Park can be found on our website. You can also find us on Facebook.

Speaker Program Schedule

Held on Wednesdays at the Royal Oak Middle School unless otherwise noted (709 N. Washington between 11 Mile Rd. and Catalpa) starting at 7:30 pm.

At our monthly meetings, September to June, we present speaker programs. Usually, they are slide shows focusing on various natural history topics. If you watch nature programs on PBS or the Discovery Channel, this is better, as you can meet afterwards and ask the speakers questions.

DATE TOPIC & SPEAKER

- Mar. 5 "Skulls & Bones" by Bob Muller, Royal Oak Nature Society naturalist
- Mar. 26 "Ecology of Antarctica: An Abundance of Life in Snow, Ice & Glaciers" by Dr. Orin Gelderloos, Professor of Environmental Studies at U of M Dearborn
- May 7 "Royal Oak's Nature Parks Through the Eyes of Botanists" by Don & Joyce Drife, Nature Society botanists.

Royal Oak Nature Society Mycology Club

Meets on Wednesdays at the Royal Oak Senior/Community Center (3500 Marais) beginning at 7:00 pm.

DATE TOPIC & SPEAKER

- Mar. 12 "Photographing Fungi" is presented by Mary Fredricks, Royal Oak Nature Society Mycologist & professional photographers, Pat & Ray Coleman.



Nature Walk Schedule

Meet at the park/arboretum

There is at least one naturalist-led walk per month with additional ones added during the spring wildflower and fall color seasons. An emphasis is put on understanding the different forest types found in our parks. Further information is given on individual plant and animal species, geology and human history of the area. Dogs are not allowed inside either Tenhave Woods or Cummingston Park. Wearing boots while in the parks is recommended during the winter and spring months. Dressing appropriately for bugs and using insect repellent is advised from late spring through the end of summer. To learn more about the parks, please come to our naturalist-led nature walks listed below.

For Cummingston, park & meet at Torquay & Leafdale (just east of Meijer). For Tenhave Woods (just east of RO High School), park at the Marais/Lexington lot and walk about 300' east to the entrance. For Tenhave Owl Hoots & Full Moon Walks, park & meet at Marais/Lexington lot. For the Arboretum, park & meet at the Senior/Community Center (3500 Marais) lot-north end.

DATE	TIME & PLACE	TOPIC
Mar. 21 (Fri)	7:30 pm at Cummingston	Owl Hoot
Mar. 22 (Sat)	10:00 am at Tenhave	Tenhave Woods 200 Years Ago
Apr. 6 (Sun)	2:00 pm at Tenhave	Spring Wildflowers
Apr. 12 (Sat)	10:00 am at Tenhave	Spring Wildflowers
Apr. 26 (Sat)	10:00 am at Tenhave	Wildflower Walk
Apr. 26 (Sat)	1:00-3:00 pm at Tenhave	Pond Studies
Apr. 26 (Sat)	1:15 pm at Tenhave	Bird Walk
Apr. 26 (Sat)	1:30 pm at Tenhave	Nature Photography
Apr. 26 (Sat)	2:00 pm at Tenhave	Mushroom Walk
May 4 (Sun)	2:00 pm at Tenhave	Pond Life
May 24 (Sat)	10:00 am at Cummingston	Mushroom Walk

The Royal Oak Nature Society's 9th Annual Fundraiser

Our next fundraiser will be taking place on **Friday, April 11, 2014 at the Royal Oak Elks Club** (2401 E. Fourth at Stephenson Highway), beginning at 7:00 pm. The cost is \$10 in advance and \$12 at the door. There will be light refreshments and a cash bar. Activities include a silent auction, a 50/50 raffle, and an awards ceremony. For more information, please e-mail us at naturesociety@romi.gov, call us at 248-246-3380 and leave a message or go to our website www.romi.gov/nature.

Baroque Festival Concert

This is the music that our fathers and mothers loved, and their parents, and their parents and so on and so on. All the way back to the golden age of the Baroque masters, 1600 to 1750 this music has given us great joy and pleasure.

This March we're able to relive that golden age as the Royal Oak Arts Council brings back the music of the times that gave us JS Bach, Handel, Vivaldi, Pacobel, Albinoni and Purcell.



Sunday, March 23 at 4:00 pm
First Presbyterian Church of Royal Oak
529 Hendrie

One block east of Woodward; two blocks south of 11 Mile Road
Be prepared to enjoy several individuals and groups to take you back to one of the most innovative musical periods with this **FREE** concert. A meet and greet afterglow follows the concert.

Royal Oak Symphony Orchestra

Celebrating its 19th season, the orchestra is a cultural offering to Royal Oak and our neighboring communities. Formed specifically for area musicians who desire to continue making music a life-long avocation, the orchestra is comprised of adults of all ages and professions. ROSO meets every Wednesday evening from 7:30-9:30 at Royal Oak Middle School and performs 4 concerts each season. Musicians interested in joining should call 248-988-6991 or e-mail roso@royaloakorchestra.org to schedule an audition. Website: www.royaloakorchestra.org.

Royal Oak Concert Band

The 2013-2014 season brings new changes to the South Oakland Concert Band! We have changed our name to the Royal Oak Concert Band (ROCB). Now our concert band can truly represent the community in which we perform. The ROCB also has a new director, Mr. Jim Zarzycki, who will bring his creativity and expertise to the podium.

Our concert season is a very lively and varied group of offerings. On March 2, 2014, the ROCB will perform "A Salute to American Composers", and on Sunday, May 4 our director will take the podium to lead the ROCB in "The Director's Choice!" concert.

All performances are held at Royal Oak High School in the auditorium and are at 3:00 pm. Tickets are available at the door. For more information, please contact Emily Borus at (586) 323-6094. Parking is free on the school grounds.

Are You Ready For Some Football or Cheerleading?

If so, Royal Oak Youth Football is looking for you!

We promote sportsmanship, dedication and team work, all in a family fun environment.



Player and cheerleader registration will be held on the following dates:

Wednesday, May 14	7:00 - 8:30 pm
Thursday, May 15	7:00 - 8:30 pm
Saturday, May 17	9:00 am - 12 noon

Registration is at the Royal Oak Senior Center
3500 S. Marais Ave. (North off 13 Mile between Main and Crooks)
A recent photo and copy of the participant's birth certificate are needed at registration.

We offer youth football and cheerleading for children ages 6 - 13.

Visit our website for updated information and requirements:
www.royft.com

Handbell Choir

Royal Oak is one of few communities to have Handbell Choirs. Sylvia Hartsoe has been the director since they were formed in 1988. The Royal Oak Handbell Choir is an intermediate/advanced level choir which performs for the Royal Oak Art Fair, church and community groups, and nursing homes. For information about booking a performance or joining as a substitute/permanent ringer, call (248) 246-3900.

Rehearsals at Senior/Community Center

Mondays, 7:30-9:00 pm

Fee: Res. \$25; Non-Res. \$30 / 10 weeks

Royal Belles

Non-exercise diet group that meets each week at Addams School. Call 543-8114 for more information.

Tuesdays, join Anytime!

7:00-8:30 pm at Addams School

Registration Information

How to Register for Programs and Classes

Registration begins on March 5 for in-person, mail, fax and online submissions.

Mail-In Registration

You may send a completed registration form (or reasonable facsimile) with payment to:

**Royal Oak Recreation
PO Box 64
Royal Oak, MI 48068-0064**

Do not send cash. Make checks payable to **Royal Oak Recreation**. Use separate checks for different classes in case one of your desired classes is filled. **Returned check fee is \$35.** To receive a receipt, please include your e-mail address.

Fax Registration

Fax registrations are accepted 24/7 at **248-246-3007**. Fax payment by credit card only – please include credit card number, security code, expiration date, and your signature on registration form. To receive a receipt, please include your e-mail address.

In Person Registration

Walk-in registrations are accepted at the Recreation Office Monday through Friday, 8:30 am to 5:00 pm. The Recreation Office is located at the Dept. of Public Service, 1600 N Campbell Road, Royal Oak MI 48067. We accept payment in person by cash, check, Visa, M/C or Discover.

Refunds

Refunds will be granted up to one week prior to the start of a class or camp, less a \$5 service fee. Refunds will be granted after the first week of class less a \$10 service fee. **NO REFUNDS WILL BE GRANTED AFTER THE SECOND WEEK OF CLASS. NO REFUNDS ONCE A CAMP HAS STARTED.** No refunds on one-day classes. Allow 3 weeks for refund check. Fees charged on credit cards must be credited back to your credit card, **LESS SERVICE FEES INDICATED.**

NOTE: Children should not accompany their parents to classes designated for adult participants only.

Senior Center classes are open to adults of all ages who are available for daytime activities.

How to Register for Programs Online

www.royaloakrec.com

For additional information, click on “answers to frequently asked questions” on the home page.

**Open Online Registration
Thursday, March 5**

General Guidelines

If anyone in your family has taken a Recreation or Senior Center class since 2012, your household account may already be set up. Be sure to check for an existing account before attempting to create a new one. If you are not sure, you can call the office to check. You will need to obtain a temporary password (which you should change) from the office to log into an existing account. Your account login is your e-mail address.

If you have never registered for class with Royal Oak Recreation or the Senior Center, you will need to “create a new account” through the website. You cannot register for classes as a “guest”.

Online registration will only be available for some programs. You can only register your own family. For transfers, corrections or questions, please call the Recreation Office at 248-246-3180, Monday through Friday, 8:30 am to 5:00 pm.

Low Enrollment

Royal Oak Recreation and the Senior Center reserves the right to cancel classes due to low enrollment. Full refunds will be given if a class/camp is cancelled by Royal Oak Recreation. Please register early so we don't cancel your class!

Insufficient Funds

There will be a \$35 Returned Check Charge to all accounts for checks that are returned by the bank.

Royal Oak Recreation **248-246-3180**
8:30 am to 5:00 pm, Monday - Friday

Royal Oak Senior Center **248-246-3900**
9:00 am to 4:30 pm, Monday - Friday

No Telephone Registrations

Registration for all Day Trips and Extended Trips should be done at the Mahany/Meininger Senior Community Center, 3500 Marais.

Registration Information

Registration Form

Student Name _____ Date of Birth _____ Male/Female _____

Address _____ City, Zip _____

Telephone - Home _____ Work _____

E-mail _____

Class _____ Day _____ Time _____ Start Date _____

Class _____ Day _____ Time _____ Start Date _____

Amount enclosed: \$ _____



Payment Method: ☐ Check ☐ Cash

☐ Visa/Discover # _____ 3-digit Security Code _____

☐ Mastercard # _____ 3-digit Security Code _____

Cardholder Name _____ Expiration Date _____

Signature of Cardholder _____

I hereby voluntarily release and hold harmless the City of Royal Oak, City of Royal Oak Contractors/Independent Contractors and the Royal Oak School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching and traveling to or from this activity.

Signed _____ Date _____

(If youth, parent or guardian must sign)

Registration Form

Student Name _____ Date of Birth _____ Male/Female _____

Address _____ City, Zip _____

Telephone - Home _____ Work _____

E-mail _____

Class _____ Day _____ Time _____ Start Date _____

Class _____ Day _____ Time _____ Start Date _____

Amount enclosed: \$ _____



Payment Method: ☐ Check ☐ Cash

☐ Visa/Discover # _____ 3-digit Security Code _____

☐ Mastercard # _____ 3-digit Security Code _____

Cardholder Name _____ Expiration Date _____

Signature of Cardholder _____

I hereby voluntarily release and hold harmless the City of Royal Oak, City of Royal Oak Contractors/Independent Contractors and the Royal Oak School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching and traveling to or from this activity.

Signed _____ Date _____

JOHN LINDELL ICE ARENA ROYAL OAK

1403 Lexington BLVD.
Royal Oak MI 48073
248.246.3950
ROYALOAKICEARENA.COM



@RO_Ice_Arena



facebook.com/Lindell.Ice.Arena



Where it all begins.
Classes offered all
year round. Ages 3 & Up.
Introduction to figure
skating and hockey.

PRESCHOOL OPEN SKATE

Skate at your own leisure. Bring friends and family
to share the fun. GENERAL, ADULT and PRESCHOOL
sessions offered. Check schedule for days and times.

SK8 JAMZ FRIDAYS

8:15 – 10:05 pm

OPEN SKATE WITH A LIVE DJ.



Jammin' to the beats of DJ Skizzo under the night lights.
Bring friends and enjoy a great night out.



ROYAL OAK FREESTYLE

Choose from a range of Professional
coaches that will guide you to your goals
in a motivational environment.



FIGURE SKATING CLUB

New Edge Figure Skating Club offers a variety of
opportunities for skaters to test and compete. Opportunities
for skaters to have fun and make new friends as well.

THEATRICAL STUDIO ON ICE

Come in and enjoy a professional
theater production. Home
performances throughout the season.



SUBURBAN HOCKEY SCHOOLS

Instructional experience that improves
skills, knowledge of the game, and
overall self-confidence as it relates
to the game through a "positive"
learning experience.

ADULT HOCKEY LEAGUE



Fall/Winter League:
September – March
Spring/Summer League:
May – August
Divisions Offered: B, C & D

DETROIT WOMENS HOCKEY LEAGUE MAY - JULY

- No experience necessary
- 18 & over
- Beginner - Intermediate



DROP IN HOCKEY

18 and up-full equipment
come in a play a competitive game of
hockey with fellow adult skaters.

STICKS & PUCKS

Open to all ages. full equipment required

ROYAL OAK HOCKEY ASSOCIATION

28 teams in 6 divisions provides
a safe, competitive learning
atmosphere for youth house hockey.



YOUTH TRAVEL HOCKEY

for players that are ready to take
their passion to the next level
of commitment



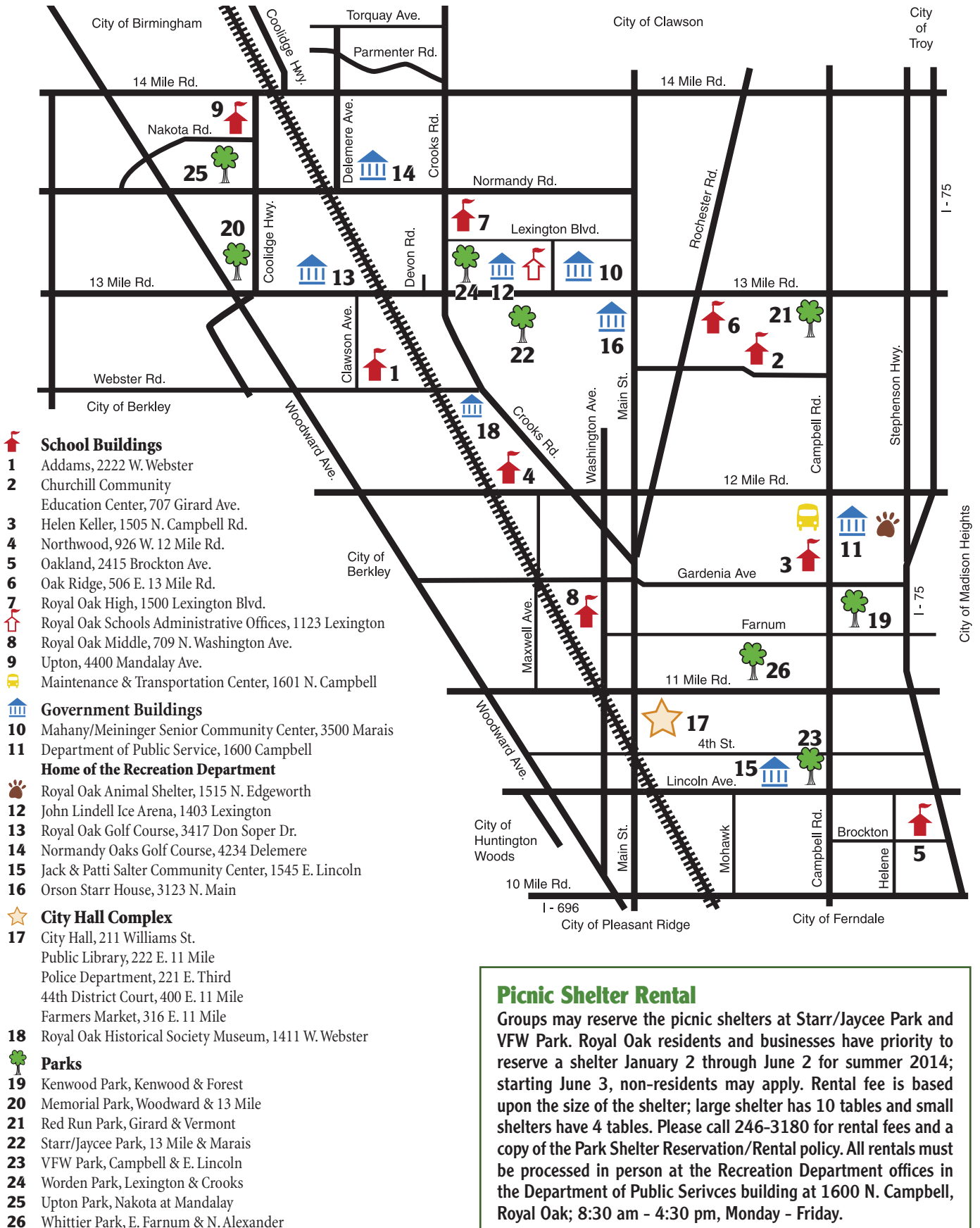
Lil Eagles AGES 4-10

LEARN TO PLAY HOCKEY

The emphasis of this program is to create a fun and
challenging environment for players to learn the beginning
stages of balance, skating in equipment, and stick handling.

For more information on any of these programs, please visit **ROYALOAKICEARENA.COM**

City of Royal Oak



Picnic Shelter Rental

Groups may reserve the picnic shelters at Starr/Jaycee Park and VFW Park. Royal Oak residents and businesses have priority to reserve a shelter January 2 through June 2 for summer 2014; starting June 3, non-residents may apply. Rental fee is based upon the size of the shelter; large shelter has 10 tables and small shelters have 4 tables. Please call 246-3180 for rental fees and a copy of the Park Shelter Reservation/Rental policy. All rentals must be processed in person at the Recreation Department offices in the Department of Public Services building at 1600 N. Campbell, Royal Oak; 8:30 am - 4:30 pm, Monday - Friday.

Leo Mahany / Harold Meininger Senior Community Center

3500 Marais • (248) 246-3900

Jack & Patti Salter Community Center

1545 E. Lincoln

Set your goal for Wellness!

Meet new people

Make lasting friends & memories

Learn new skills

Look & feel better

Keep in shape

See the world

Eat well-balanced meals

Supportive services

The benefits are endless...

Drop in either community center Monday through Friday. Pick up our monthly newsletter, *Times*. Start enjoying opportunities for lifelong education, fitness, and leisure activities. Try a great meal at **Tim's Kitchen** (M/M Center) for \$3. The staff is committed to working with and for seniors to develop activities and services that support their efforts to remain healthy, active and independent.

Mission Statement:

The City of Royal Oak offers mature adults opportunities for life-long education, fitness, nutrition and leisure activities. Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of race, color, creed, religion, ancestry, national origin, sex, disability or other handicap, age, marital/familial status, or status with regard to public assistance or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination.

Royal Oak Seniors Resource Center

Stop by the Senior Resource Center for brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly.

Rental Information

The use of the Leo Mahany/Harold Meininger Senior Community Center shall be available to nonprofit organizations and groups engaged in educational, cultural, civic or charitable activities or private functions (birthday parties, wedding receptions, baby and wedding showers, graduation parties, etc.). Room set-up and take-down is the responsibility of the requesting organization. Please call (248) 246-3900 for rental fees and room availability.

Special Events and Workshops

March

3	Welcome Newcomers!	10:30 am
7	BINGO	12:30 pm
11	Lunch and Learn	11:30 am
13	Pool Tournament	9:00 am
14	Dinner Dance \$12	6:00 pm
17	Salter Center Book Club	10:00 am
18	Sign of the Beef Carver Fundraiser	4-7 pm
21	Massage by app't	9:30 am
21	Kerry Price	12:30 pm
25	Lunch and Learn	11:30 am

April

3	Career Workshop	6:30 pm
4	BINGO	12:30 pm
7	Welcome, Newcomers	10:30 am
8	Jazz History	10:00 am
10	Pool Tournament	9:00 am
17	Art Show	9:15 am
17-28	"Breathe Free" Workshop	7:30 pm
21	Salter Center Book Club	10:00 am
22	Lunch and Learn	11:45 am
25	Massage by app't	9:30 am
29	Project Healthy Living	9am - 1 pm
29	21st Century Career Success	7:00 pm
30	Everything \$8.00 Sale	9am - 4 pm

May

2	BINGO	12:30 pm
5	Welcome, Newcomers	10:30 am
6	Lunch and Learn	11:45 am
8	Annual Pool Tournament	9:00 am
8 & 15	Rejuvenate Retirement	1:30 pm
13	Encore Careers	7:00 pm
13 & 20	Rejuvenate Retirement	9:30 am
12	Energy Healing and You	10:00 am
19	Salter Center Book Club	10:00 am
19	Lunch and Learn	11:45 am
30	Dinner Dance \$12.00	6:00 pm

June

2	Newcomers	10:30 am
6	BINGO	12:30 pm
12	Pool Tournament	9:00 am
13	Handbell Concert	1:15 pm
16	Salter Center Book Club	10:00 am
17	Financial Seminar	10:00 am
20	Kerry Price \$2.00	12:30 pm

Medical Equipment Loan Closet

Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep them as long as necessary and return clean. Clean, working durable medical equipment donations are also accepted. Please call (248) 246-3900 prior to bringing in equipment.

Day Trips

Detroit Symphony Orchestra
Classical Coffee Concerts
Fridays, 9:15 am - 1:30 pm
\$31 per concert – Mid-balcony

March 21, 2014 **T1014W**
Scheherazade

April 25, 2014 **T1015W**
Beethoven Violin Concerto

Detroit Symphony Orchestra
Pops Coffee Concerts
Fridays, 9:15 am - 1:30 pm
\$47 – Dress Circle

March 14, 2014 **T1017W**
The Cocktail Hour: Mad Men Era

May 9, 2014 **T1018W**
Patriotic Pops!

“The Four Irish Tenors” at Soaring
Eagle Casino **\$45**
Monday, March 17 **T1039W**
7:45 am - 1:15 pm **Rybicki Tours**
They are fast becoming one of the biggest successes ever with sold out tours of Europe, Asia and the USA. Hear and be amazed at “Danny Boy”, “You Raise me Up” and a wide variety sung in wonderful harmony! You’ll also receive \$10 in slot play and \$5 food coupon. Cost includes transportation via motor coach, performance and casino coupons.

Gold, Diamonds & DuMouchelle’s **\$85**
Friday, March 21 **T1037W**
2:00 - 10:00 pm **Step On Tours**
Start at an upscale coin shop, then a high-class coin/jewelry shop, and meet the famous Gold family of TV’s “Pawnstars”! Learn how thieves fence stolen merchandise, and tour famous auction house DuMouchelle. Bring your “junk gold” along for recovery! Cost includes transportation via motor coach, lunch. The departure and return times subject to change.

“The Miracle Worker”
at Macomb Center **\$44**
Thursday, March 27 **T1010W**
8:45 am - 2:00 pm
The Miracle Worker tells the story of Helen Keller, deaf and blind since infancy, who finds her way into the world of knowledge and understanding with the help of Anne Sullivan, her gifted tutor. After the performance, we are going to Luciano’s Restaurant for a scrumptious Italian lunch! Cost includes transportation via Senior Bus, performance and lunch. Choose your lunch at sign up: Pasta Primavera, Cheese Ravioli with Meat Sauce or Penne Casarecce.

Greektown Casino **\$23**
Wednesday, April 2 **T1038W**
11:30 am - 5:30 pm **Bianco Tours**
This is a great value at a great casino! You’ll receive \$20 coin play! Cost includes transportation via motor coach from the Center.

Historical Houses of Worship **\$65**
Monday, April 7, 2014 **T1044W**
9:00 am - 4:30 pm
Don’t wait to sign up for this popular trip! This time we are visiting Holy Cross Hungarian, Holy Redeemer, Cathedral Church of St. Paul, St. Andrew’s – WSU, and St. Josephat. Cost includes transportation via Senior Bus, tours, tips, church donations and lunch. Churches on the itinerary are subject to change; lunch may be at a local restaurant.

“The Cross and the Light”
Music Hall **\$69**
Friday, April 11, 2014 **T1046W**
9:00 am - 2:30 pm
Be witness to this epic theatrical experience and deeply moving musical journey through Christ’s Passion, Death and Resurrection. Cost includes transportation via Senior Bus, performance. Lunch is on your own at Traffic Jam and Snug follows performance. Sign-up deadline: Feb. 8!

Chocolate, Cheese and Churches **\$75**
Thursday, April 17 **T1043W**
7:30 am - 6:00 pm **Step On Tours**
Head to Kalamazoo with us to a great cheese house and taste an array of cheeses from hard to soft to blues. Then, it’s on to the First Baptist Church and lunch at a very private place built in the 20s. Desert is at a confectionary, then we visit a historic Catholic church which features the only “Khaki” window with WWI soldiers, complete with audio and guided tour. Cost includes transportation via motor coach, tours and lunch. The departure and return times are subject to change.

Ragtime Festival **\$61**
Friday, April 25 **T1041W**
8:30 am - 4:30 pm
Join us for this fantastic annual music concert in Frankenmuth! You will be amazed by the skill of four veteran pianists (including our own Kerry Price!) as they pound out smokin’ hot tunes! You will have 1 ½ hours to shop in town before the buffet lunch and the concert. Cost includes transportation via motor coach, Zehnder’s plated lunch, performance.

Tulip Time **\$94**
Tuesday, May 6 **T1011SP**
7:00 am - 8:30 pm **Rybicki Tours**
Millions of tulips are on display in Holland! Enjoy time to stroll through downtown before lunch at one of Holland’s premier lakefront restaurants, explore Dutch Marktplaats, 36 acres of gardens on Windmill Island, and millions of tulips along the city streets! Cost includes transportation via motor coach, lunch, and admissions.

“The Andrews Brothers” **\$62**
Wednesday, May 7 **T1014SP**
11:15 am - 5:00 pm
This new musical tells the story of three earnest and determined stagehands who take the place of a certain famous trio of singing sisters who fail to show up for a USO show. Filled with over 25 Andrews Sisters songs! Lunch before the show is a treat at Kruse and Muer; choose from Whitefish, Tortellini and Chicken or Raspberry Chicken Salad at sign-up. Cost includes transportation via Senior Bus, lunch and performance.

“West Side Story” **\$89**
Saturday, May 17 **T1010SP**
11:45 am - 5:30 pm
This will be quite the delightful afternoon: we’ll have a nice luncheon in the Fisher Theatre’s Spotlight Room prior to the performance. Our seats are in the loge for maximum enjoyment of one of Broadway’s finest musicals – don’t wait to register! Cost includes transportation via Senior Bus, lunch and performance.

“A Midsummer Night’s Dream”
@ Stratford **\$164**
Tuesday, May 20 **T1016SP**
7:45 am - 9:30 pm **Rybicki Tours**
Be enchanted with Shakespeare’s tale of lovers, spurned admirers, an angry father and fairies, all from Main Floor “A+” seating at the Festival Theatre! Cost includes transportation via motor coach, lunch in downtown Stratford, performance and snacks. You must have a Passport, Passport card or Enhanced License for travel to and from Canada.

More Day Trips on page 21

Day Trips

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"Go Comedy!" Improv Theatre and Lunch

\$38

Thursday, May 29

T1009SP

11:30 am - 4:00 pm

Come on down to Ferndale with us for this improvised game show, which is one part "Match Game" and one part "Whose Line is it Anyway?" You can be involved in the fun if you like, but whether you choose to or not, you will have a blast! Lunch before the show is at Rosie O'Grady's. Cost includes transportation via Senior Bus, show and lunch.

Cole Porter's "You Never Know"

at Meadow Brook

\$34

Wednesday, June 4

T1017SP

1:00 - 4:30 pm

In 1929 Paris, a baron and his butler switch identities so that the butler can pursue a woman he believes is a lady of a much higher class. This is a door-slamming, fun-filled musical farce that you won't want to miss! Cost includes transportation via Senior Bus and performance.

"South Pacific"

\$134

Thursday, June 19

T1013SP

7:45 am - 8:00 pm

Rybicki Tours

The Huron country Playhouse, in quaint Grand Bend, is a professional summer stock theatre. Did you know South Pacific won a Pulitzer Prize for Drama, even though it's a musical? From Main Floor seats, enjoy this classic musical! Cost includes motor coach transportation, lunch in Grand Bend, and performance.

Restaurant of the Month

Join us once a month as we travel near and far, seeking out both familiar and new cuisines. Look for announcements in our monthly Newsletter, or call the Center at (248) 246-3900 for more information.



AuSable River Queen

\$89

Friday, June 27

T1015SP

7:15 am - 9:45 pm

Bianco Tours

Take a 2 hour cruise on the beautiful Au Sable River aboard the River Queen, an authentic paddle wheel vessel. You may even see bald eagles along the shore! Lunch is at the Tawas Bay Beach Resort, and there's a stop in Pinconning at Wilson's Cheese Shop. Cost includes transportation via motor coach, lunch and cruise.

Habits, Holsteins and

Hanging Baskets

\$73

Monday, June 30

T1018SP

7:30 am - 5:15 pm

Bianco Tours

We are heading downriver to learn the history of the Sisters of the Immaculate Heart of Mary community in Monroe, and their mission to educate as well as live "green". Lunch at Dolce Vita Restaurant, and then it's an ice cream stop at Calder Dairy Farm. A stop at Four Star Greenhouse in Carleton completes the day, with a tour of the gardens that are one of only four North American display gardens of the popular plant brand, Proven Winners! Cost includes transportation via motor coach, lunch and tours.

A Grand Summer Adventure

\$95

Wednesday, July 23

T1019SP

8:00 am - 8:30 pm

We're heading to Grand Rapids, and will start with a delicious lunch aboard the Grand Lady Riverboat during a 2-hour cruise on the Grand River, where you'll see river birds and historical landing spots. Then we get to walk off lunch at the John Ball Zoo! Get up close to Grizzly Bears, Stingrays, and Wallabies. Take the Funicular Tram to the top of the hill, and explore the zoo on your way downhill (\$3 additional)! Our dinner stop is in Lansing at Clara's, a restored railroad depot. We'll have a great dinner in the Dining Car! Cost includes motor coach transportation, lunch, dinner, all admissions and driver tip.



21st Century Career Success

Tuesday, April 29, 7:00 pm

FREE

What just happened to the job market, and what you need to do, to thrive in the new economy? Reinventing yourself for 21st Century career success by reevaluating, recreating and restoring your career path. Apply these 3 action steps to guarantee lifelong employ-ability. The Ferndale Career Center will be making the presentation. Please pre-register. (248-246-3900)

Encore Careers

Tuesday, May 13, 7:00 pm

FREE

Nine million people have embarked on encore careers that are personally meaningful and benefit society. Are you interested in joining them? Staying active, engaged, and fulfilled by using purpose, passion and a paycheck in second act. An action plan for creating work that works for you. The Ferndale Career Center will be making the presentation. Please pre-register. (248-246-3900)

Rejuvenate Your Retirement!

Thursdays, May 8 and 15 at 1:30 am

C1032

or

Tuesdays, May 13 and 20 at 9:30 am

C1033

Cost \$39.00

Making sure you don't outlive your money is one of the most important issued in post-retirement planning! While there are many courses available for pre-retirement planning, this unique course focuses on the concerns, issues, and needs that are important to today's retirees. Whether you're planning for many years in the future or looking for immediate answers to financial concerns, this course provides an eye-opening experience. You must pre-register.



Extended Trips

Firekeepers & Gun Lake Casino \$179
March 11 - 12, 2014

Bianco Tours

Visit Gun Lake Casino, the new fun spot, near Grand Rapids and get \$20 slot credit and \$5 food coupon. After lunch it's on to Battle Creek's newest gaming hot spot, Firekeeper's Casino. You'll get another \$20 slot credit and \$5 food coupon. Cost includes transportation via motor coach, accommodations.

Gulf Shores and the Deep South \$1599
March 16 - 24, 2014 T1014F

Shoreline Tours

Immerse yourself in the turquoise waters of the Gulf of Mexico, dig your toes into the sugar-sand beach, and enjoy the fabulous view! Stay at the 4-star Perdido Beach Resort in Orange Beach, Alabama, close to the Florida state line. You will have a stunning view of the Gulf from your private balcony! While there, see Montgomery, Pensacola, National Naval Aviation Museum, Pensacola Lighthouse, a Dolphin Watch Cruise, and more! Cost includes transportation via motor coach, accommodations, 12 meals. \$200 deposit; balance due Jan.9.

Arizona \$1869
March 25 - 31, 2014

Bianco Tours

Fly to Phoenix for six nights to stay at The Radisson Fort McDowell Resort, surrounded by vistas of the stunning Sonoran Desert and the iconic Red Mountains! While touring Apache Trail via motor coach, stop for a ride on the Dolly steamboat to look for bald eagles, bighorn sheep and volcanic canyons and cliffs. Also, see Taliesin West, Wrigley Mansion, Sedona, Saguaro National Park, and much more! \$50 deposit; balance due Feb. 7.

Southern Charm \$1799
April 1 - 10, 2014

Rybicki Tours

Travel through Memphis, Vicksburg, Natchez, New Orleans, Birmingham and too many more spots to mention. Visit antebellum mansions, Graceland, enjoy a dinner Jazz Cruise on the Steamboat Natchez, tour Belingrath Gardens, and take in "Old Kentucky Night" at Kentucky Horse Park. Pick up a flyer for all the great things included! Cost includes transportation via motor coach, accommodations and most meals. \$100 deposit; balance due February 14.

Washington, D.C.

Cherry Blossom Tour \$949
April 4 - 8, 2014 T1015F

Shoreline Tours

This wonderful tour is subtitled "Presidential Showcase" and you'll see why when you visit Mt. Vernon, Monticello, the Kennedy gravesites and Woodrow Wilson Library and Museum. You'll also see Embassy Row, all the War Memorials, and, of course, thousands of blossoming cherry trees! Cost includes transportation via motor coach, accommodations, 6 meals, and all tours. \$50 deposit; bal. due Feb.15.

California Coast Cruise
\$2739-outside stateroom

April 18 - 27, 2014 T1009W

Shoreline Tours

Cruise on Celebrity Century's smaller, stylish ship, along many exciting ports of call along the dazzling California Coast! Start in L.A., where you'll spend the night on the Queen Mary, one of the most famous ocean liners in history! You'll stop in Santa Barbara, San Francisco, Monterey and Ensenada, Mexico. Cost includes roundtrip air from Detroit to Los Angeles, all ship accommodations, most meals, all tours. \$300; bal. due Feb. 18, 2014.

Gamblemania \$144
April 28 - 29, 2014

Bianco Tours

You'll visit Little River Casino, Turtle Creek Casino and Soaring Eagle Casino. But wait - there's more!! You get a total of \$60 in gaming credits and \$10 in food vouchers. Cost includes transportation via motor coach and accommodations.

Niagara Falls \$229
May 22 - 23, 2014 T1002W

Shoreline Tours

The flowers are blooming and the summer tourists haven't arrived yet! Ride on the Maid of the Mist, then explore Niagara-on-the-Lake. Cost includes transportation via motor coach, accommodation at Fallsview Hilton, one meal. This trip requires a passport, passport card or enhanced drivers license.

Colonial America \$1399
May 30 - June 5, 2014

Rybicki Tours

Visit Boston's Inner Harbor, Fort McHenry (celebrating the 200th anniversary of the Star Spangled Banner!), Annapolis, the U.S. Naval Academy, Flight 93 National Memorial, and cruise Chesapeake Bay! There is much more to do on this fabulous trip! Cost includes transportation via motor coach, 13 meals, tours and more. \$100 deposit; balance due April 18, 2014.

Flavors of Frankenmuth \$295
June 1 - 2, 2014

Bianco Tours

You'll stay overnight at the Bavarian Inn Lodge, and enjoy a wine- and chocolate-tasting cruise on the Cass River! Savor lunch at the Frankenmuth Brewery, partake in Bavarian Inn's World Famous Chicken Dinner and nab breakfast at Oma's Restaurant. On the way home, we'll visit the lovely Yule Love It Lavender Farm for all sorts of lavender treats and products! Cost includes transportation via motor coach, accommodation, 3 meals and cruise. \$20 deposit; bal. due May 1, 2014.

Cape May \$1249
June 1 - 6, 2014

Shoreline Tours T1001W

Two nights ocean-front lodging in Cape May's Historic Marquis de Lafayette Hotel! Enjoy a trolley tour of America's oldest seaside resort. Other stops include Baltimore, Lancaster, Sight & Sound Theater's "Moses" performance, Dolphin Watch Cruise, Longwood Gardens and more! \$100 deposit; balance due April 20, 2014.

More Extended Trips on page 23

Extended Trips

continued from page 22

Lilac Festival on Mackinac Island \$424 June 10 - 12, 2014 T1000W

We hope you will join us for the Royal Oak Senior Community Center's first trip up to the fabulously fragrant Lilac Festival! Some Mackinac Island lilac trees are original Victorian plantings more than 150 years old! Included in the trip will be a boat trip under the Mackinac Bridge, an island carriage tour, accommodations at Mission Point Resort, ferry crossing, two breakfasts and two dinners, taxi to and from hotel, motor coach transportation, baggage handling, bus driver tip and snacks en route. Lunches en route and on the island are on your own. \$50 deposit; balance due March 28.

Traverse City Cherry Festival \$495 July 8 - 10, 2014

Bianco Tours

Take in the festivities of this national event, celebrating everything cherry! You'll have a guided tour of Sleeping Bear Dunes National Lake Shore, plus a sunset cruise on Good Harbor Bay through the Manitou Passage. Tour Chateau Chantal Winery, Hoxie's Farm for sweet cherries, and Interlochen Center for the Arts. Cost includes transportation via motorcoach, two nights at Grand Traverse Resort, with \$15 gaming credit, two dinners and Happy Hour on the bus ride home! \$20 deposit; balance due June 8, 2014.



New York City \$1059 August 5 - 9, 2014

Bianco Tours

Here's your chance to see the Detroit Tigers play the NY Yankees in Yankee Stadium! This trip is chock full of fabulous tours: Double Decker Bus Night Tour, Hudson River Cruise, 9/11 Memorial & Museum, Empire State Building Observation Deck, Times Square and much more. Cost includes transportation via motor coach, accommodations in New Jersey, six meals, all tours. \$20 deposit; balance due July 5, 2014.

Ohio Light Opera \$569 August 7 - 9, 2014

Rybicki Tours

Indulge in Main Floor seats for three superb plays: Die Fledermaus (music by Johann Strauss), My Fair Lady, and Dream City and the Magic Knight. The Freelander Theater at the College of Wooster, in Wooster, Ohio hosts America's Premier Lyric Theater Festival annually. It is dedicated to performing late 19th and 20th century Operetta in English. Cost includes transportation via motor coach, accommodation at Hilton Garden Inn and four meals.

Nova Scotia \$3199 August 9 - 17, 2014 T1012SP

Shoreline Tours

Explore Toronto, Peggy's Cove, Cape Breton Island, the Cabot Trail, Prince Edward Island and so much more. Motorcoach to Toronto, then fly to Halifax, N.S. You'll see the world-famous Bay of Fundy to witness the world's highest tides. A lobster dinner is among the 14 meals included. So many cities, villages and landmarks are part of this trip, we can't mention them all! Pick up a flyer at the Center! Cost includes air and motorcoach transportation. \$300 deposit; balance due June 2, 2014.

"Breathe Free" Workshop with Dr. Arthur Weaver

7 Day Class:

April 17, 21, 22, 23, 24, 25, and 28

7:30 - 9:00 pm

FREE - Everyone is welcome!

Do you want to stop smoking? The Breathe Free Smoking Cessation program has been successful in helping more people quit their smoking habit than any other program. The Breathe Free program is a group interaction, behavioral change seminar with an introductory session explaining the program and preparing the individuals for the withdrawal process. There are five successive sessions, and a graduation program the following week. Participants are instructed how to handle the smoking urges and what to expect in withdrawal symptoms. They also learn how to handle the much longer lasting psychological association that can engender return to the smoking habit. The workshop will be at the Mahany/Meininger Senior Community Center located at 3500 Marais. Call The Royal Oak Community Coalition at (248) 546-7622 or email lpodsiadik@royaloakcommunitycoalition.com to register.

Energy Healing and You

Presenter: Bonnie Watson -

Energy Healer

Monday, May 12

10:00 - 11:00 am

FREE

If you have ever wanted to help alleviate pain and suffering, this class is for you! This introductory talk will explain what "energy" healing is, and will help dispel the so-called mystery surrounding it. You will learn why this natural form of healing works and some of the benefits. Registration required call (248) 246-3900 by May 5th.

MSU Food Safety and Nutrition Speaker

11:00 am, FREE

Michigan State University Extension Oakland County will be here at the M & m Center to share valuable information concerning food safety and nutrition. Each presentation will have a food demonstration. Please call (248) 246-3900 to RSVP.

Tuesday, March 25:

New Produce in the Markets

Welcome Newcomers

1st Monday, 10:30 am

April 7, May 5, June 2

Here's your chance to acquaint yourself with the programs and services available at the Mahany/Meininger Senior Community Center. Learn how to register for classes, trips, programs, and meet the staff. Receive a complimentary lunch. Call 246-3900 to reserve. Need a ride from your R.O. home? Call 246-3914.

Monthly Pool Tournament

Thursdays, 9:30 am

March 13, April 10, June 12

Enjoy a luck-of-the-draw singles tournament for fun and cash prizes. Men and women ages 55+ are welcome. Refreshments served. \$2 fee payable at the door.

Annual Pool Tournament

Thursday, May 8, 9:00 am

Royal Oak's annual pool tournament will be played in a round-robin format. Cash prizes will be awarded to top four places; top three in two divisions if 16 or more players. Names will be engraved on our perpetual plaque of winners. Refreshments will be served. Center registered pool players, \$5.00. Preregister by Monday, May 5.

Drop-In Cards

Rubber Bridge

Mondays, 12:15 pm

Drop in with a partner to play Rubber Bridge, \$1.00. Come early if you have no partner, will try to pair.

Pinochle

Tuesdays, 12:30 pm

Drop in for pinochle, meet new friends, \$1.00.

Duplicate Bridge

Wednesdays, 12:30 pm

Drop in with a partner to play Duplicate Bridge, \$1.25.

Euchre

Thursdays, 12:30 pm

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards, \$1.00.

Mahjongg Drop-In

Wednesdays, 9:30-12 noon

Fridays, 1:00 - 3:00 pm

Experienced players may drop in and play on Wednesday and Friday mornings. Players must follow National Mahjongg League rules only. No charge.

Crochet Creations

Thursdays, 12:15 pm

Join this group for an afternoon of stitching your personal work in progress; pattern discussion; and/or help reading a pattern or learning a new stitch. Beginners are welcome, we will teach you how to crochet. Several times a year, the group jointly creates projects to give back to the community. No charge.

Quilt Assembling

1st & 3rd Wednesdays, 9:30 am

No experience necessary to join the relaxing fun of assembling quilts. This special group of ladies welcomes newcomers to learn from them. They baste your quilt for a nominal fee and make quilts for charity. Please join us, everyone is welcome.

Senior Sew

Tuesdays at 10:00 am

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're new and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

Sit 'n Knit

Tuesdays, 1:00 - 3:00 pm

Come join in as we knit and visit! Share work in progress, tips and "show and tell" finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced.

Helping Hands

Tuesdays & Thursdays, 9:30 am

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes blankets and other items for charity. They are currently working with Beaumont Hospital and Project Linus, a national organization that collects blankets for children who are experiencing illness, trauma and/or crisis. Donations of yarn are desperately needed. Drop off yarn on the days the group meets.

On-Going Bridge

Mondays, 10:00 am-12 noon

April 7 - May 19

C1097W

No class April 21

\$45 / 6 weeks

For players with some recent experience. The instructor, Gail Hanson, will give a short lecture and you will play hands to illustrate. If time warrants you can deal and play and instructor will advise. Gail is an ACBL member, a Gold Life Master and a frequent tournament player.

Kerry Price on Piano

3rd Friday, 12:30 pm

March 21 and June 20

Don't miss these musical programs written and performed by **Kerry Price**, sure to be both entertaining and educational. Ms. Price, a popular vocalist and pianist, has delighted audiences with her one-woman programs since 1976! \$2 per program, payable at the door.

Dinner Dances

Tickets available six weeks before dances (table reserved for singles).

Friday, March 14

D1007W

6:00 - 9:00 pm

Enjoy a delicious dinner and dancing to *The Sound of Jerry Robotka*. \$12.

Friday, May 30

D1007SP

6:00 - 9:00 pm

Enjoy a delicious dinner and dancing to *Mike Wolverton Trio*. \$12.

Monthly Matinee

2nd & 4th Friday, 12:30 pm

Enjoy movies but don't like watching them alone? Join us as we show the latest and greatest releases on DVD each month projected on a larger screen. Titles are announced in the *Times*. Suggestions and donations are welcome.

"Star-Grabbers"

Amateur Astronomy Club

2nd & 4th Wednesdays, 10:00 am

Reach for the stars! Observe celestial objects with Ed, Dick and Bill. They have begun an amateur astronomy club to share their interesting hobby, and teach individuals on the use of telescopes. Plans are being made to meet for Outdoor viewing sessions and Indoor discussion sessions. Drop-in, donations accepted.

Everything Only \$8.00

Wednesday, April 30

9:00 am - 4:00 pm

Don't miss out on this fabulous opportunity to shop for scarves, watches, reading glasses, earrings, bracelets, necklaces, and much much more! Everything is only \$8.00! This is a great opportunity to purchase a beautiful item or two for Mother's Day, a Graduation that you might be attending or just something for yourself! Fund-raiser is to help Senior Center programs.



Lunch and Learn Series

11:30 am to 1:30 pm

Free lunch from Tim's Kitchen for all who pre-register and attend a presentation. You must sign-up for all or one of the topics listed below by calling (248) 246-3900. Please note registration deadline below (space limited).

If you sign-up for a Lunch and Learn and fail to show up or call to cancel TWO TIMES in a calendar year, you will not be permitted to sign-up for any more Lunch and Learns for that year. To register or speak with a staff member by calling (248) 246-3900.

Tuesday, March 11 A1031W **"Estate Planning Mistakes of the Rich & Famous"**

Presented by: Estate Planning Professionals

You don't have to be rich or famous to make mistakes when doing your estate plans. Come learn the common errors made by everyone, while also learning how to make a sound estate plan for your family. Deadline to register is Wednesday, March 5.

Tuesday, March 25 A1032W **"Which Will Last Longer, Me or My Money"**

Presented by: Estate Planning Professionals

Between your pension, social security benefits, and the return on your investments how long will your cash last? Come to our informative workshop where we will discuss how to make the right choices for a comfortable financial future. Deadline date to register is Wednesday, March 19.

Tuesday, April 22 A1028 **Arcadia Home Care & Staffing**

Come join us! Our presenter will discuss pathways of care in various situations. Also review living options from home to assisted living and beyond. What are your options? Let's Talk! Deadline to register is Wednesday, April 16.

Tuesday, May 6 A1028 **Wells Fargo Advisors LLC.**

"Charitable Giving" Benefiting You and Your Favorite Charities. Get the most out of charitable giving. It's not only a great way to support your favorite charities and organization; it also opens the door to tax savings, estate planning strategies and other income opportunities for you and your heirs. Deadline to register is Wednesday, April 30.

Monday, May 19 A1029 **Health Quest**

One of the team doctors of the Detroit Lions will inform you about the latest technology to treat arthritis, neuropathy, back & neck pain. Deadline to register Wednesday, May 14.

Free Seminar

Tuesday, June 17

10:00 - 11:00 am

Presenter: Bill Lelich – Financial Consultant

Come and join us to enhance your budgeting, money management, and practical money skills. If you're looking for retirement tips this seminar is for you. Registration required by calling (248) 246-3900 by June 10.

Career Workshop:

"Creating Job Opportunities...Thinking Outside of the Box!"

Thursday, April 3, 2014

6:30 to 8:30 pm

Cost: \$15.00

C1000SP



Learn proven techniques to find the job you want:

- Reach key decision makers through effective phone calls.
- Develop relationships in person to generate opportunities.
- Utilize information interviews to determine your career goals.
- Speak your 30-second commercial to everyone.
- Network in a 360 degree circle to develop leads.

Who should attend?

Anyone who is currently seeking employment or in career transition who wants to learn how to become more marketable in today's competitive job market.

This presentation takes a fun and dynamic interactive approach to learn how to market yourself utilizing "out of the box" thinking.

Speaker: Kerry Rom, Career Coach

Project Healthy Living

Tuesday, April 29

9:00 am - 1:00 pm

The United Health organization's regional event comes to Royal Oak Senior Community Center. Watch for more details regarding this opportunity. Obtain health screenings at low or no cost. For more information call Project Healthy Living at (313) 531-9100.

Jazz History by Stu Johnson

Tuesday, April 8

10:00 - 11:30 am

Come join us for a free seminar: "Over The Rainbow" The music of Harold Arlen. It comprises a review of Arlen's career, a short introduction about a particular song, and then slides of the vocal artist who is performing that song. Registration required call (248) 246-3900 by April 1.

BINGO

April 4, May 2, June 6

12:30 pm

Sponsored by Imperial Senior Suites. First Friday of the month. Come join the fun! Win prizes! Drop in, no charge!

Financial/Investment Aide

3rd Thursdays, 10:00 am

March 20, April 17, May 15, June 19

Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30-minute appointment.

Focus on the News

1st & 3rd Tuesdays, 10:30 am

Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international news issues. Visitors encouraged. We're always looking for new people.

Foot Doctors

2nd Wednesday, 9:00-11:00 am

March 12, April 9, May 14, June 11

Dr. Robert Adas and Dr. Larry Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Please pre-register.

Genealogy 101

Thursdays, 10:00 am-1:00 pm

April 3 - May 8

C1006SP

Cost: \$98 / 6 weeks

Discover your family history and your next great passion in life! Learn how to do genealogy and you'll make fascinating new discoveries about your ancestors and their lives! This excellent course series is designed with all the fundamentals for beginners and amateurs who want instruction, reference guides and advice to help you have success with your own research. Basic topics: types of records; how to find them; evaluating your evidence; standards of proof; and organizing your materials. Uncover and share your family legacy today! Bring a \$5 syllabus fee and note taking materials to class. Pre-registration required. Deadline to register is April 1.

Manicures

By Licensed Nail Technician

Every Wednesday, 10:00 am - 2:30 pm

By appointment only!

Cost: \$8.00

Lisa O'Sullivan will be here every other Wednesday to offer manicures. Treat yourself or someone else to this wonderful service. Lisa is a Natural Nail Specialist. Manicures include polish removal, shaping, hand soak, cuticle care, hydrating lotion massage, strengthening base coat, 2 coats of polish and top coat.

Massage Therapy

3rd Fridays by appointment

(except April)

March 21, April 25, May 16, June 20

Certified Massage Therapist Heidi provides therapeutic massage using the holistic approach. All of these massages provide benefits; help in reducing muscular and nerve pain, and aids relaxation. She provides massage sessions of 30 minutes for \$30, 60 minutes for \$50, or 75 minutes for \$60. Call the Center for an appointment at 248-246-3900.

Meet State Senator

John Pappageorge

1st Wednesday, 11:30 am

State Senator John Pappageorge's Director of District Affairs, Corinne Khederian, will meet with you to discuss your concerns.

R.O./AARP

Taxaide Program

Mondays & Wednesdays, 9:30 am

Until April 14, 2014

AARP-trained volunteers will assist seniors with free tax help and free e-filing for taxpayers with middle and low-incomes. Tax preparation is provided on a first-come, first-serve basis at the Mahany/Meininger Senior Community Center. Preparers will assist with tax forms, including homestead rebate, home heating credit, Federal and State forms. Bring proof of identification, copy of 2012 tax returns, Social Security statement, and other tax statements. Donations welcome.

Computer Club

Wednesdays, 12:30 pm

Calling all beginners to experienced computer enthusiasts. All levels join our growing club for computer networking and guest speakers discussing "cyber" topics of interest. Guest speakers are listed in the monthly newsletter, *Times*. Donations accepted.

Ask the Computer Lady!

Tuesdays AM

C1059SP

9:15- 9:45 am

Tuesdays PM

C1060SP

12:45-1:15

\$20 / 30-min. sessions

Have your questions ready for Marta and be ready for an informative half hour one-on-one. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up-to-date. Call ahead to register and pay: (248) 246-3900.

Introduction to Computers and the Internet

Tuesdays, 10:00 - 11:00 am

March 4 - 25

C1055W

April 1 - 22

C1053SP

May 6 - 27

C1054SP

June 3 - 24

C1055SP

\$40 / 4 weeks

This class is designed to help introduce computers to beginners. You'll use our desktop computers and instructor Marta will give you personalized attention so you can become comfortable using your computer. Have all your questions answered in this small-size class! Subjects covered include: the internet, e-mail, Windows, computer safety, printers and the dangers associated with today's social media. A \$5 materials fee is due to instructor at first class. Pre-registration required. Class size limited to 4.

Laptop Computer Class

Tuesdays, 11:30 am - 12:30 pm

March 4 - 25

C1058W

April 1 - 22

C1056SP

May 6 - 27

C1057SP

June 3 - 24

C1058SP

\$40 / 4 weeks

Set up beginners and advanced students to bring your own laptop to class and learn to safely use Windows. Pre-registration required. A \$5 materials fee due is to instructor at first class. Class size limited to 4.

Ballroom Dance Class**Mondays, 1:00 pm**

Join instructor Bill Scheff on Monday afternoons to learn all the fancy footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch any time. \$5.00

Round Dance**Wednesdays, 2:30 - 4:30, beginners****Thursdays, 1:00 pm**

Renew a basic background in Round Dance. Join the fun – dancing is great exercise. This class instructs phase 3-5 of round dance. \$1.50

Line Dancing**Fridays, Intermediate, 1:00 pm**

Line dancing is not only fun but good exercise as well. And you don't need a partner. Learn the hot country line dances. \$2 payable at each lesson. NO BOOTS.

Aqua Zumba**Thursdays, 8:30 am****March 13 - May 1****May 8 - June 26****\$36 / 8 weeks****C1008W****C1007SP**

Come and join the Ultimate Pool Party. Have fun exercising, dancing, wiggling and getting fit to make-you-want-to move-to Latin music! Zumba workout in the water! All levels welcome, no experience necessary. Pool located at Royal Oak Middle School.

Chair Exercise (DVD)**Mondays, 10:30 am**

This session is of a "gentle" nature for those of you who are just starting on a fitness program, or those who must not do strenuous exercise.

**Chair Exercise with Cindy****Fridays, 10:30 am****April 4 - May 16****\$25 / 6 weeks***No class April 18***C1024SP**

Improve your aerobic capacity, strength, balance and flexibility, doing a variety of fun exercises to music you will love! This class is designed to work gently but effectively on every area of the body, as well as emphasizing posture, coordination, and fall prevention, in a 45-minute workout. It is appropriate for those who have joint limitations, as well as for anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, and bring a water bottle and hand-held weights if you wish. Pre-registration is requested.

Kuratomi Stretching**Wednesdays, 10:30-11:30 am****March 19 - May 14****\$64 / 8 weeks***No class April 9***C1005SP**

New to the U.S.A.! Heal yourself. Balance your muscular and nervous system! Use the power of your own Ki/Chi to correct and naturalize internal organ functions! The Kuratomi Method is inspired by ancient Japanese forms of Shindo, Sonkyo, and Jomon to open the body, mind, and spirit gently and naturally. The student can grow into the stretches, yet they are immediately effective, and all poses are adaptable to all personal needs. Wear comfortable clothing and bring a mat. Preregister.

Healthy Back Class**Wednesdays, 1:30 pm****April 2 - May 7****\$25 / 6 weeks****C1017SP**

If you have ever experienced acute or chronic back pain, you are in the majority. This class, based on the YMCA's Way to a Healthy Back, is designed to strengthen and stretch back and core muscles in order to prevent back injuries that can often result from everyday activities; to improve posture; and to increase awareness of body mechanics to promote safety in everyday movements. Class is 45 minutes; please bring a mat and water. Wear comfortable clothing and shoes. Instructor – Cindy Erlandson. Pre-register. Call (248) 246-3900 for more information. Active adults get great results!

Pilates/Core Body Conditioning**Mondays, 10:30 am****March 24 - May 12****May 19 - July 14***No class May 26***\$36 / 8 weeks****C1002W****C1002SP**

Pilates is a neuro-muscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. This is a basic class with emphasis on gradual progression and strict body alignment and exercise form. Wear loose comfortable clothes and bring a mat. Instructor Cheryl Baugh, ACSM Certified Fitness Instructor.

Silver Foxes**Monday, Tuesday,****Wednesday & Friday, 9:30 am**

Low impact aerobic classes for the intermediate exerciser. Increases flexibility and works the heart – all to a Richard Simmons video tape. No fee.

Sit Down & Tone Up**Tuesday & Wednesday, 10:30 am**

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1 - 3 lb. weights. Video workout, free!

**Tai Chi - Continuing, Chen Style****Thursdays, 9:15-10:00 am****April 3 - June 19****\$60 / 12 weeks****C1062SP**

This is the oldest style of Tai Chi Chuan. The movements are a combination of slow and fast. The external circling movements are connected with internal spiral energy.

It is gentle yet powerful. Beginning students, please see Chen Style Beginner Class offered at Salter Center. Preregister.



Water Aerobics

Wednesdays, 8:30 am

March 19 - May 7

\$36 / 8 weeks

C1006W

May 14 - June 25

\$32 / 7 weeks

C1005SP

Get a great workout with water exercises that are fun, safe and effective, led by certified instructors. Included is a cardiovascular segment lasting 15-20 minutes, along with toning and stretching exercises. You do not need to know how to swim. Locker room available, but bring your own lock, towel and suit. Leave your valuables at home. Instructor – Cheryl Baugh. Pre-register.

Zumba Gold

Fridays, 10:20 am

March 21 - May 16

\$40 / 8 weeks

C1009SP

No class April 18

Here's your chance to "Dance with the Stars!" Be ready for a low-impact aerobic workout, some chair work, great music and fun! Take salsa, cha-cha, samba, tango, meringue, add hits of flamenco, calypso, hip-hop and belly dancing, put it all in a workout routine, and you have Zumba Gold! Dress comfortably, wear dance sneakers or tennis shoes. Bring water. Pre-register. Drop-in available \$7 per class.

Salter Center Book Club

3rd Monday, 10:00 - 12:00 noon

Are you an avid reader? Would you like to meet with people who share your passion for the written word? Join **Mary Ann DeKane**, Outreach Librarian from the Royal Oak Public Library, and members in the reading and discussing of the following popular selections:

March 17, 2014

Sarah's Key by Tatiana de Rosnay

April 21, 2014

Why Be Happy When You Could Be Normal? by Jeanette Winterston

May 19, 2014

My Beloved World : A Memoir by Sonia Sotomayor

June 16, 2014

Walking the Bible: A Journey by Land through the Five Books of Moses by Bruce Feiler



Chair Yoga

Wednesdays, 12:30 - 1:15 pm

April 12 - May 7

\$25 / 6 weeks

C1021SP

Fridays, 11:30 am - 12:15 pm

April 4 - May 16

\$25 / 6 weeks No class April 18

C1019SP

It's amazing how much yoga can be done in a chair! This 45-minute class consists of three 15-minute sections, the first and last of which are done seated in the chair. The middle section is done standing using the chair for balance. We focus on breathing and relaxation, stretching for flexibility, and balance practice which also increases muscular strength. The class is accompanied by soothing, stress-relieving music. You will leave feeling rested and rejuvenated.

Gentle Yoga

Mondays, 9:15 am

March 24 - May 19

\$36 / 8 weeks No class April 7

C1029SP

Mondays, 1:00 pm

March 24 - May 19

\$36 / 8 weeks No class April 7

C1030SP

Thursdays, 1:00 pm

March 27 - May 22

\$36 / 8 weeks No class April 10

C1031SP

Yoga creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Please preregister. Instructor Noreen Daly.

Yoga

Tuesdays, 12:45 pm

March 25 - May 20

\$36 / 8 weeks No class April 29

C1004W

May 27 - July 15

\$36 / 8 weeks

C1003SP

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignment and balance. Instructor – Cheryl Baugh. Preregister.

Handbells

Fridays, 12:45 pm

Experience the fun of ringing handbells with a group to create beautiful music. According to director Sylvia Hartsoe, playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. This is not a "class" to learn about Handbells, but it is a Handbell Choir which began in September 1988. The best time to join the group is in early September to learn the music which will be performed in late November and early December, or in January for performances from late April to mid-July. No previous Handbell ringing experience is necessary, but some music background with music reading skills is very helpful. Anyone is welcome to come to a rehearsal to observe and see if it is something you would like to join. Giving performances in the community will showcase your skills.

Spring Handbell Concert

Friday, June 13, 1:15 pm

Enjoy a Spring Spectacular concert featuring the music of the Royal Oak Senior Handbell Choir. Complimentary ice cream and toppings follow the concert. No charge.

Painting – All Media

Thursdays, 9:15 - 11:45 am

March 6 - April 24

May 1 - June 19

\$55 / 8 weeks

C1092W

C1091SP

Carl Angevine is the winner of over 60 professional awards, including placing from Best of Show to Fifth place at the Michigan State Fair nine years in a row, and garnering top honors repeatedly at the Paint Creek Center for the Arts and Birmingham Community House exhibits. He instructs students of all abilities individually through the morning. Supply list is given at sign-up for those without any of their own supplies. Preregister.

Paint Class Art Show

Thursday, April 17, 2013

9:15 - 11:45 am

The hallways of the center will be adorned with the creations of our talented Painting Class students – you will be surprised by the great ability displayed!

Drop-In Sports at the Salter Center

Pickleball

- The cost is \$2.00 per session. Any individual caught not paying will be asked to leave the gym immediately
- Sign-in sheets will be made available 30 minutes before scheduled start times

Mondays

11:00 am - 1:00 pm or 1:00 - 3:00 pm
All levels - East Gym

Tuesdays

1:00 - 3:00 pm, All levels - East Gym
12:30 - 2:15 pm, 4.0 & higher - West Gym

Wednesdays

11:00 am - 1:00 pm or 1:00 - 3:00 pm
All levels - East Gym

11:00 am - 2:00 pm

3.5 & higher - West Gym (\$3.00)

Fridays

11:00 am - 1:00 pm or 1:00 - 3:00 pm
All levels - East Gym

5:00 - 7:15 pm

Open to ages 19 & up - East Gym

12:30 - 2:00 pm

3.5 & higher mixer - West Gym

Bounce Volleyball

Tuesdays and Thursdays

11:00 am - 1:00 pm

Bounce Volleyball, a slightly slower paced game than power volleyball, allows a wider range of skill levels to participate and enjoy this great game. \$1 per session.

Drop-In Billiards

Monday - Friday, 8:30 am - 3:00 pm

Pool tables are located in the game room of the Salter Center. Fee is 50¢ daily or \$2.50 monthly.

Drop-In Pinochle

Wednesdays & Fridays, 12:45 pm

Drop in for an enjoyable game of pinochle, meet new friends. \$1



Balance Training

Fridays, 12:30 - 1:00 pm

March 7 - April 11

SA2007

April 25 - May 30

SA2006

Cost: \$24 / 6 weeks

Feeling unsteady? Loss of balance often results in falling and bone fractures. This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! Jo Schirtzinger, from Leisure Unlimited LLC, has been teaching fitness classes since 1994.

Helping Hands

Fridays, 9:30 am

Interested in knitting, crocheting or sewing? Create blankets for chemotherapy patients at the Salter Center on Fridays, or work at home. Kits are available, or you can use your own materials to create squares that can be assembled into blankets for the patients. Stop by and get the details about the size and type of materials desired, or call (248) 246-3180. Donations of 4-ply yarn gratefully accepted.

Let's Walk!

Monday - Friday, 8:30 am - 3:00 pm

Strengthen your heart, lungs and vascular system. Improve your circulation. Relieve tension and modify the aging process. How? Join **Let's Walk!** and enjoy the four seasons, briskly walking at your own pace. Walk indoors around the gym or outdoors in the park and neighborhoods, weather permitting. Track your progress by completing a mileage log sheet at the Salter Center.

Tai Chi Chuan

Standing/Chen Style Laojia Yuile Continuing

Tuesdays, 10:00 - 10:45 am

SA2013

April 1 - June 17 at Salter Center

Fee: \$60 / 12 weeks

CHEN STYLE TAI CHI is the oldest style of Tai Chi Chuan. Created by Chen Wang Ting in the 16th century, the movements are slow and fast, twining and twisting, connected with internal spiral energy. This continuing class is taught by Han Hoong Wang.



Stretch & Strength (40+) Cardio, weights and stretching

11:00 am - 12 Noon

Winter 2

Mondays: March 3 - April 7

Wednesdays: March 5 - April 9

Fridays: March 7 - April 11

Fee: \$26 / 6 weeks for 1 day

SA2016

\$46 / 6 weeks for 2 days

SA2017

\$64 / 6 weeks for 3 days

SA2018

\$5 drop-in fee

Spring 1

Mondays: April 21 - June 2

Wednesdays: April 23 - May 28

Fridays: April 25 - May 30

Fee: \$26 / 6 weeks for 1 day

SA2008

\$46 / 6 weeks for 2 days

SA2009

\$64 / 6 weeks for 3 days

SA2010

\$5 drop-in fee

Fun exercise for the active adult and senior. Improve your stamina, strength and flexibility. All exercises are adaptable to allow you to work at your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Workout to great music, make new friends, socialize, laugh and have fun! Bring a water bottle and hand-held weights if you have them. Wear tennis shoes and loose, comfortable clothing. Instructor Jo Schirtzinger, from Leisure Unlimited LLC, has been teaching this popular class in Royal Oak since 1994.

No class April 18; May 26

Drop in days: 4/14, 4/16, 6/4 and 6/6.

Sit Down & Tone Up

Monday, Wednesday, Friday; 9:30 am

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1 - 3 lb. weights. Video workout, free!

Yoga

Thursdays at Salter Center, 10:15 am

March 6 - April 24

SA2015

May 1 - June 19

SA2014

\$36 / 8 weeks

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase, strength, flexibility, alignment and balance. Instructor - Cheryl Baugh. Preregister.

Adjacent Generational Exchange (A.G.E.)

Sponsored by a grant from Beaumont Hospital, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.



Looking for a Few Good Volunteers!

The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month?

Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Call Nancy Lewis, Volunteer Coordinator, at (248) 246-3917.

Alzheimer Support Group

4th Monday, 10:00 am

March 24, April 28, May 19, June 23

This group is an opportunity for caregivers to share information and learn from others in a supportive, caring environment. For specific dates, call (248) 246-3900.

Aphasia Support Group

Thursdays, 10:00 am - 12 noon

This group is for adults with communication disorders. Gain support from others on your road to recovery. For more information, call Nancy Lewis, Volunteer Coordinator, at (248) 246-3917.

Deaf Assistance Group

Wednesdays, 9:00 am

We welcome deaf adults for socialization each Wednesday. Linda Schwab interprets and provides assistance.

Emergency Cell Phones

The Mahany/Meininger Senior Community Center distributes cell phones for Emergency (911) calls **only**. Royal Oak residents who are 62 and over or permanently handicapped are eligible for a phone. Residents must sign a waiver releasing the City of Royal Oak from any liability. Call (248) 246-3915.

Hearing Tests/ Clean Hearing Aids

Tuesdays, 1:00 pm

March 11

Premium Hearing Solutions will provide free Hearing Tests and Hearing Aid Cleanings every other month. Call (248) 246-3900 for a 15-minute appointment.

Legal Aid

3rd Thursday (Sr./Comm. Center)

March 20, April 17, May 15, June 19

Do you have a legal issue to resolve, but are not sure you need to engage the services of an attorney? Kent Schultz, Attorney at Law, will provide free 15-minute consultations to senior citizens each month. A fee will be charged for additional services. Call (248) 246-3900 for an appointment. Can't make it to the Center? Call Mr. Schultz at (248) 541-2567 to schedule a complimentary home visit.

Medicare/Medicaid Assistance Program

MMAAP counselors are available for assistance in choosing the right health plan for you. For questions regarding Medicare, Medicare Part D prescription plans and Medicaid, call Nancy Lewis at (248) 246-3900. In-person assistance by appointment only.

Outreach

Our Outreach Administrator is available to help residents aged 62 and over through the sometimes overwhelming process of obtaining needed services. Please call 246-3900 with your concerns about personal care, housing or other independent living requests. An in-home visit to assess needs is available through this service at no cost.

Royal Oak Senior Essential Services

R.O.S.E.S. is a program providing a variety of supportive services to Royal Oak residents age 62 and over. Payment is made directly to the contracted worker. A \$5 registration fee per year is required (Assistance with payment is available to qualifying low-income seniors). The City of Royal Oak sponsors this service. Call 246-3900 Monday - Friday.



Home Chore – If you reside in Royal Oak, you are eligible to have household tasks such as snow shoveling, yardwork, housework and gutters (first level) cleaned for you. No windows, weeding, wall washing or roofing.

Home Repair – Repairs that do not require a licensed contractor are available to homeowners. Repairs include minor plumbing, carpentry and minor electrical.

Personal Care – Includes assistance with activities of daily living: bathing, feeding, shampoos, dressing and help with ambulating.

P.A.L.

(Positive Attitude Living)

Fridays, 10:30 am

What is joy? In today's fast-paced world it seems we sometimes forget the fun of living. Join this group to enrich your life and meet new friends. Bring your ideas for positive change to share with the group. Newcomers welcome.

Tim's Kitchen

Enjoy meals, \$3, prepared from scratch in the Mahany/Meininger Center kitchen Monday - Friday. Chef Tim Campbell's old favorites and new creations are nutritious, filling, and delicious! Call for monthly menus.

- Call (248) 246-3900, at least 1 day in advance to reserve a meal.
- Call to cancel reservations if unable to attend.
- Purchase meal vouchers (5 or 10 meals) at any time. Great gift idea!
- Bus fee is waived if you ride the bus to the Center for lunch!
- Menu subject to change based on availability of food supplies.

Carry-outs now available \$3.50

Meals on Wheels are available to home bound residents unable to travel to the Center. Call Emerald Food Services at (248) 689-0001 for hot meals delivered daily. The menu for homebound meals differs from the meals served at the Senior Center.

Transportation

This service provided by the City of Royal Oak promotes independence for residents aged 62 or older, and adults who are permanently handicapped. Door-to-door service is available to those with mobility problems who need to be personally escorted to the buses. The driver will assist with bags of groceries. **Call (248) 246-3914 between the hours of 9:30 am - 12:30 pm** to arrange your transportation needs. Call up to two weeks before your appointment so that we may assure you of a ride. All buses are equipped with lifts for the handicapped. Prepaid tickets are available: \$19/5 round-trip tickets and \$14 / 5 one-way tickets.

The Royal Oak Transportation service is sponsored by the City of Royal Oak; funded by William Beaumont Hospital, SMART Municipal and Community Credit Funds, and rider donations.

Mayor
Jim Ellison

Sharlan Douglas
Kyle Dubuc

City Commission
Michael Fournier
Peggy K. Goodwin

Jeremy Mahrle
David J. Poulton, Mayor Pro Tem

City of Royal Oak & Royal Oak School District Present Dream Home Expo

Opportunity for Residents to Meet Vendors for Remodeling & Home Improvement Ideas

Come to the Royal Oak Dream Home Expo Saturday, March 22nd, from 9:00 a.m. to 2:00 p.m. at Royal Oak Middle School, 709 N. Washington. Da The Clown will welcome families and create balloon sculptures for the children. Admission and parking are free.



Architects, building contractors, home builders, home improvement and remodeling firms, landscaping companies and the City Building and Planning Departments will be on hand to answer residents' questions. There will also be heating and cooling firms and window and siding companies.

Sponsored by the City of Royal Oak and the Royal Oak School District, this annual event, which is open to the public, last year attracted more than 1,000 Royal Oak residents and over 60 vendors.

"This is Royal Oak's version of the builder's show," said Jason Craig, Royal Oak Building Official. "There will be something for everyone, whether you want to build a new home, add on or remodel your present home. It is a time saver for people with busy lifestyles. Rather than sit home and wait for contractors, you can meet with them at the Dream Home Expo."

The City of Royal Oak Building and Planning Departments will be there to explain the building codes, review with residents what they can build on their lot, calculate the amount of lot coverage allowed, review the site plan and set back requirements.

Shawn Lewis-Lakin, Superintendent of the Royal Oak Schools, explains that the event "helps Royal Oak residents identify easy, convenient and affordable ways to either remodel or add on to their homes." The first event was held in 1998 when the School District realized that many parents moved out of the City as their family grew because they needed a larger home.

continued on page 32



Dream Home Expo *continued from page 31*

Remodeling Cost vs. Resale Value Report 2012-13

These figures compare Detroit metropolitan area construction costs for 22 popular remodeling projects against the added value the projects bring at resale.

Project	Job Cost	Resale Value	Cost Recouped
Attic Bedroom Remodel	\$53,647	\$45,086	84.0%
Back-up Power Generator	\$12,347	\$6,664	54.0%
Basement Remodel	\$68,980	\$36,953	53.6%
Bathroom Addition	\$41,445	\$18,845	45.5%
Bathroom Remodel	\$17,715	\$10,277	58.0%
Deck Addition (composite)	\$16,132	\$9,381	58.2%
Deck Addition (wood)	\$10,452	\$6,570	62.9%
Entry Door Replacement (fiberglass)	\$2,886	\$1,448	51.5%
Entry Door Replacement (steel)	\$1,222	\$882	67.2%
Family Room Addition	\$87,909	\$44,775	50.9%
Garage Addition	\$52,941	\$27,611	52.2%
Garage Door Replacement	\$1,632	\$969	59.0%
Home Office Remodel	\$30,091	\$10,001	33.2%
Major Kitchen Remodel	\$58,557	\$35,129	60.0%
Master Suite Addition	\$112,294	\$56,230	50.0%
Minor Kitchen Remodel	\$20,117	\$14,587	72.5%
Roofing Replacement	\$19,768	\$10,168	51.4%
Siding Replacement (vinyl)	\$12,441	\$7,743	62.2%
Sunroom Addition	\$78,170	\$34,825	44.5%
Two-Story Addition	\$164,615	\$101,376	61.6%
Window Replacement (vinyl)	\$10,529	\$6,609	62.8%
Window Replacement (wood)	\$11,522	\$7,239	62.8%

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Curb appeal continues to play a strong role in a home's resale value. Exterior replacement projects occupy seven of the top 10 spots in terms of cost recouped. Replacement projects have historically outperformed full-service remodeling projects, primarily because they are lower-cost projects that are perceived as essential to regular home maintenance.

More important is the presence of several big-ticket projects. Attic bedroom remodel with an average remodeling cost of \$53,647 is number one in the overall ranking with an ROI of 84.0%. This project has been trending upward in recent years, possibly because, compared with building an addition, it represents an inexpensive way to add living space to an existing home.

In general, kitchen projects outperformed bathroom projects, regardless of cost. The best performing kitchen and bathroom project was the minor kitchen remodel (72.5 percent cost recouped), which includes new appliances and countertops, and a facelift for existing cabinets. The \$58,557 major kitchen remodel ranked higher than the \$17,715 bathroom remodel.

For more information about Dream Home Expo, go to dreamhomeexpo.com.

City of Royal Oak Home Improvement Program

Loans and grants are available through the City's Housing Office to help qualified homeowners repair their homes.

Royal Oak's Home Improvement Program is intended to maintain and improve the City's neighborhoods by helping low- and moderate-income homeowners make necessary repairs.

There are two types of loans and a grant:

Installment loans: Up to \$40,000 at 0% interest. Applicants must be the owner of a single-family home with graduated limits on total household income ranging from \$36,200 for a family of one to \$68,250 for a family of eight.

Deferred loans: Up to \$40,000 for homeowners on limited incomes which require no payment until the property is sold or transferred. Applicants must be the owner of a single-family home with the graduated limits on total household income range from \$22,650 for a family of one to \$42,650 for a family of eight.

Grant: Up to \$10,000 for homeowners on limited incomes which is forgiven over ten years unless the house is sold or the applicant no longer resides at the property. Applicants must be the owner of a single-family home with graduated limits on total household income ranging from \$36,200 for a family of one to \$68,250 for a family of eight. Grants are for exterior work only. **Limited funding available.**

The City assists homeowners in every aspect of projects all the way from determining the work necessary, selecting a contractor and monitoring the work. Applicants are not required to pay fees or put money down.

The City maintains a list of qualified general contractors who are responsible for all of the trades involved in residential construction. Homeowners may also submit a general contractor to be included in the bidding process. The program will provide a loan up to the amount of the lowest, viable bid.

ROOF	WINDOWS
SIDING	FURNACE
INSULATION	AIR CONDITIONING
PLUMBING	ELECTRICAL UPDATE
KITCHEN UPDATE	BATHROOM UPDATE
PORCH REPAIR	HANDICAP FEATURES
DRIVEWAY WORK	SIDEWALK CONCRETE
SEWER LINE REPAIR	BASEMENT WATERPROOF

For more information call (248) 246-3130 or visit:

Royal Oak City Hall
Housing Office, 3rd Floor
211 Williams St.
Royal Oak, Michigan 48068



**THE CITY OF ROYAL OAK PROVIDES
EQUAL HOUSING OPPORTUNITY**



Drinking Water We Need Your Help

The City of Royal Oak, along with state and federal agencies, has taken extra precautions to protect our water systems. But we need help from residents and business owners to keep our drinking water system safe.

If anyone observes someone tampering with and/or opening a fire hydrant, manhole lid, etc., who does not appear to be a City employee, please call the Department of Public Service immediately at (248) 246-3300, if the incident occurs between 7:30 am and 4:00 pm, Monday through Friday, and the Royal Oak Police Department at (248) 246-3500 any time thereafter.

Our goal is to continue to provide pure and wholesome water to our community. We know that we can do that with your help.

What to Do About Sewer Problems

Residents who experience sewer problems should call the Department of Public Service immediately at (248) 246-3300 during regular working hours (7:30 am - 4:00 pm) Monday - Friday or the Police Department at (248) 246-3500 any other time. A Sewer Department representative will respond to your emergency. If the problem exists in the main sewer line, a City crew will clear the line. If the problem is in the property owner's sewer line, it is the homeowner's responsibility to call either a plumber or a sewer cleaning company. For full details on water and sewer emergency procedures, consult the City's website at www.romi.gov.

Royal Oak Animal Shelter

The Royal Oak Animal Shelter is operated as a City service under management of the Royal Oak Police Department. Our goals are to provide a safe haven for lost animals or animals given up by their owners; to reunite lost animals with their human companions, and to provide the best possible adoptions of available animals into the home best suited to their personalities.

Contact

1515 N. Edgeworth, Royal Oak, MI 48067

(248) 246-3364

www.romi.gov/portal/community-links/animal-shelter

Open Hours

Monday - Friday: 4:00 - 7:00pm

Saturday: 11:00 am - 3:00 pm

Sunday: Closed

Refuse and Recycling Directory

Department of Public Services (DPS) 248-246-3300
(Calls regarding garbage and recycling pickups should call DPS at 246-3300)

SOCRRA MRF/Drop-off Center 995 Coolidge 248-288-5150

Drop-off accepts: All acceptable curbside recyclables; unflattened, unbundled cardboard; automotive batteries; paperback and hardcover books; all paper (except carbon); CDs/DVDs/VHS; floppy disks; cassette tapes (all cases recycled separately); used clothing; screw-off lids/caps; plastic bags (no twine or hard plastic handles; no frozen food bags).

Household Special Waste/Hazardous Waste Disposal 248-288-5153
Check SOCRRA website, www.socrra.org for complete list.

Electronic Equipment Recycling (no wooden TV cabinets) 248-288-5153

Recyclables – All plastic as long as it is a container; all glass bottles, jars; metal cans/pie tins/empty aerosol cans; small scrap metal; newspaper; magazines, catalogs, paper, mail, paperback books, all paper (put in paper/plastic bags); food/beverage/drink/juice boxes, paper cups; phone books; corrugated cardboard; paperboard; household batteries (in clear baggies). Prepare according to instruction sheet, place loose in recycling bin, except paper, and set at curb on refuse day before 7:00 am.

Regular Refuse – Put household materials in containers 20 to 32 gallon (maximum size) or in 20 to 30 gallon plastic bags and put at curb by 7:00 am. Cans and bags cannot be over 40 lbs. Containers under 20 gallon will be considered expendable and will be thrown out with the trash. **Yard waste cannot be mixed with trash at any time.**

Yard Waste – Picked up curbside from April 1 to mid-December: Separate non-woody material as well as woody yard waste (up to 2" in diameter) from regular refuse and put at curb by 7:00 am in a 32-gallon container with a yard waste decal (decal must face street) or in a paper landscape bag. Containers/bags cannot weigh more than 40 lbs. **Yard waste cannot be mixed with trash at any time.** Plastic bags are not acceptable. Not picked up as either yard waste or trash mid-Dec. to March 31. Either hold on to until program begins April 1 or call SOCRRA for disposal (248-288-5150).

Leaf Vacuum Program begins at end-October. Rake leaves into street according to city schedule or put into acceptable containers and set at curb on refuse day. For pick-up schedule, check *Insight*, WROK Cable (Channel 55 or 10) or the city's website at www.romi.gov.

Brush, Tree Trimmings & Shrubs – Tie woody material between 2"-5" in diameter in bundles up to 4' long and 15" in diameter, weighing no more than 40 lbs. each (under 2" SEE YARD WASTE). Set at curb with trash by 7:00 am of refuse day OR contact the city's recommended chipping contractor, JH Hart 586-795-5581. Limbs over 5" must be disposed of privately.

Broken Glass – Wrap in heavy paper or place in cardboard box or metal can with lid. Put with regular refuse NOT in recycling bin.

Cardboard – Flatten and tape or tie into bundles **no larger than your recycle bin** OR stuff smaller flattened boxes into larger box, no larger than your recycle bin.

Appliances (refrigerator, stove, hot water tank, etc.) – Set at curb on refuse day by 7:00 am. In apartment, cul de sac or dead end street, call DPS the day before your pickup at 248-246-3300. Remove doors on refrigerators and freezers and place to side.

Carpeting & Padding – Roll and securely tie no longer than 4' and weighing no more than 40 lbs. per bundle. Set at curb with trash by 7:00 am on refuse day.

Latex Paint – Remove lid and allow to harden or add kitty litter or sand to absorb liquid; set at curb on refuse day with lid removed for pickup with trash. Or chip out dried paint, rinse can and put in recycling with lid removed. Or call the SOCRRA Special Waste Facility for a drop-off appointment. Oil-based paint needs an appointment, (248) 288-5153.

Excluded Curbside Items – The following items are **NOT** acceptable for curbside collection: Liquids, radioactive items, flammable products, explosives, infectious materials, asbestos insulation, tires, hazardous waste, stumps, engines, transmissions, rear axles, construction items, loose items such as bricks, concrete (even if it's attached to something), root balls, dirt or sod. These materials must be disposed of privately. See www.socrra.org or call 248-288-5150 for locations, hours, rates and procedures. Limited amounts of construction items from home occupant's personal repair or remodeling are acceptable. However, items cannot be longer than 4' in length, must be bundled and weigh less than 40 lbs. per bundle.

Hazardous Waste – Call the SOCRRA Special Waste Facility (248-288-5153) for a FREE drop-off appointment to dispose of: Motor oil, solvents, yard chemicals, fluorescent light bulbs, insulin syringes, oil-based paint, propane tanks, etc. NOTE: Containers will NOT be returned.

Used Electronics – To recycle computer monitors, CPUs, printers, TVs, radios, phones, cell phones, copy & fax machines, stereos, VCRs and CD players, call 248-288-5153 to set up an appointment.

Holiday Refuse Collection – When one of the following holidays (official not observed) falls on a weekday, collection for the remaining days of the week will be delayed one day: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Day. Refuse collection is not affected for any other holidays or when the above holidays fall on a weekend.



Yard Waste Separation Begins April 1

What is yard waste?

Grass clippings, leaves, spent flowers and garden plants, weeds, pine needles, pine cones, acorns, chestnuts, walnuts, apples, Halloween pumpkins, corn cobs and husks, vines, straw (dry bales less than 40 lbs.), mulch, woody material up to 2" in diameter and small shrubs (no root balls).

How do I prepare yard waste for collection?

Yard waste may be placed in 32-gallon trash cans, clearly marked with a "Yard Waste" sticker facing the street (available at some city offices) or 30-gallon brown paper yard waste bags available at most stores. Containers or bags cannot weigh more than 50 pounds each.

Why must I separate these items?

Yard waste is banned from disposal in Michigan landfills. SOCRRRA converts yard waste into compost, a useful nutrient rich soil amendment.

Is yard waste collected year-round?

No, weekly curbside collection is provided from April 1 through mid-December.

What if I have yard waste when collection isn't provided?

SOCRRRA residents can bring yard waste to the SOCRRRA Transfer Station at 995 Coolidge Road in Troy at no charge from mid-December through March - limit 10 bags per day per household. (No contractors please).



Brush & Branches

Brush and branches are generally considered to be branches 2 inches in diameter, but no larger than 5" in diameter. Small twigs (less than 2" in diameter) are not considered brush and should be placed with yard waste.

What do I do with brush and branches?

Bundle brush and branches securely with twine (no longer than 4 feet in length) and place at the curb by 7:00 am of collection day. Bundles cannot weigh more than 40 pounds. Please set bundles so that large end of branches are closest to the street. Bundles will be taken with trash.

What about logs, firewood and lumber?

Logs or firewood must be less than 5" in diameter, cut to 2 foot lengths, bundled securely, weighing less than 40 lbs. per bundle. Logs or firewood over 5" in diameter must be disposed of privately. Lumber (without nails) must be cut to 4 foot lengths or less, bundled, weighing less than 40 lbs. each. Bundles must be set to the curb for trash collection by 7:00 am.

Dispose of Hazardous Materials Year-Round

Is your basement or garage filled with unwanted chemicals, paints, and other hazardous materials? According to the Environmental Protection Agency, the average home can accumulate as much as 100 pounds of HHW (Household Hazardous Waste) in the basement and garage and in storage closets!

What is Household Hazardous Waste?

Many common household products can pose a hazard to human health, groundwater and the environment if they are not handled properly for disposal. Placing items such as paint, automotive products, car batteries, pesticides and more in our trash is NOT the most environmentally sound way to get rid of them.

Items collected through the program include toner & ink jet cartridges, paints, solvents, garden chemicals, household cleaners, insulin syringes, medications, compact fluorescent light bulbs and oils. For a complete list please visit www.socrra.org.

ELECTRONIC EQUIPMENT is also collected through this program. SOCRRRA accepts computer monitors, CPUs, printers, TVs (no wooden console cabinet TVs, please), radios, telephones, cell phones, copy machines, fax machines, stereos, VCRs and CD players. To make an appointment, please call 248-288-5153.

As a member of SOCRRRA, the regional recycling authority, Royal Oak residents may take advantage of the Household Hazardous Waste Collection program offered daily, by appointment, year-round. The collection site is located at 995 Coolidge (about 1/4 mile north of 14 Mile across from the Meijer gas station). This program offers residents a convenient and effective means of disposing of those materials that should not be placed in the trash. Residents can select a morning or afternoon appointment which means residents have a 3-4 hour time block in which they can deliver their unwanted hazardous wastes. To make your appointment, call 248-288-5153 or schedule online at socrra.org under Household Hazardous Waste and Electronics. Please note, containers should be clearly marked and will **NOT** be returned. It's that simple!

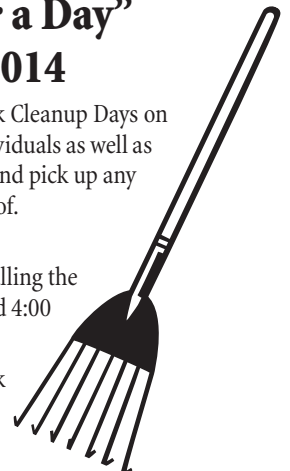
Think Spring! "Adopt a Park for a Day" April 26 & 27, 2014

The City of Royal Oak is having Spring Park Cleanup Days on April 26 and 27. The City is looking for individuals as well as volunteer groups to adopt a park for a day and pick up any debris and leaves for City crews to dispose of.

Where do I sign up?

If you are interested, you may register by calling the DPS at (248) 246-3300 between 7:30 am and 4:00 pm. Pick a park anytime prior to April 23.

There are 50 parks in the City of Royal Oak and we would appreciate any help you can give. Please call today and set a date!





Is Your Water Bill Too High?

The City of Royal Oak Water Billing Department receives many calls from property owners questioning their water bill. Please remember, the outside reading device is not a water meter. Although this equipment belongs to the City of Royal Oak, due to the harsh Michigan winters all water meters are inside to prevent freezing and bursting of pipes. The outside reading devices occasionally, with age, may slow down and not record the proper water usage. If this is not corrected as soon as possible, property owners can experience a very high water bill once the device is fixed.

Due to this possible malfunction, and other occurrences, such as occasional mis-reads and improperly maintained interior equipment, a property owner is encouraged to verify the water reading on their quarterly bill, with the reading on the inside meter, when each bill is received. At that time, a normal read should be slightly higher than what is stated on the bill. To insure that the meter is reading correctly, a property owner should also verify the read on both the outside reading device and the inside meter. The first four digits on these devices should always be identical.

All water which passes through the interior water meter is the responsibility of the property owner. Property owners should occasionally perform a simple water test, to insure that their devices (toilet, sinks, humidifiers, ice makers, sprinkler systems, etc.) are working properly. To do this, simply write down all six digits that are shown on the inside meter. Do not use any water for at least 2-3 hours. After that time, re-read the meter. If you have a higher read, there is a leak on the premises. Water leaks, usually a running toilet, can add up quickly to hundreds, if not thousands, of dollars. Most problems can be easily, and inexpensively, repaired by the property owner or plumber. The City of Royal Oak's Water Maintenance Department can not make these repairs. For additional information, the Water Billing Department can be reached at 248-246-3160.

Residential Customers with Underground Lawn Sprinkling Systems

The City of Royal Oak's approved Cross Connection Plan by the State of Michigan Department of Environmental Quality (MDEQ), states that backflow preventers installed on residential underground lawn sprinkling systems must be tested by a certified technician every three years (see picture below). This device is usually installed on the outside of the home on the supply to the lawn sprinkling. The City of Royal Oak has contracted with Hydro Designs Inc (HDI) to manage this program. This spring, letters will be addressed to home owners that are required to have their backflow devices tested. The letter will include a list of certified testers that have previously tested backflow devices in the city and a test form that will be filled out completely by the technician and returned to HDI. Please contact Hydro Designs Inc with questions pertaining to the cross connection program. 248.250.5000



At Your Service

Emergency Calls Only Police, Fire & Ambulance	911
General Information	248-246-3000
Animal Complaint	248-246-3500
Animal Shelter	248-246-3364
Assessor	248-246-3110
Building Inspection	248-246-3210
Building Inspection Requests	248-246-3234
Building Inspection Fax	248-246-3006
Cable TV (WROK) 222 E. 11 Mile Rd.	248-246-3777
Questions regarding Comcast.....	248-549-2100
Questions regarding WOW.....	866-496-9669
City Attorney	248-246-3240
City Clerk	248-246-3050
City Manager	248-246-3200
Civil Defense	248-246-3441
Code Enforcement	248-246-3210
Code Enforcement 24-hour Hotline.....	248-246-3238
44th District Court	248-246-3600
Probation, 400 E. 11 Mile.....	248-246-3670
Engineering	248-246-3260
Farmers Market	248-246-3276
Finance	248-246-3030
Fire Department 215 E. Sixth St.	
Emergency.....	911
Non-Emergency.....	248-246-3800
Fire Prevention Bureau.....	248-246-3810
Housing Commission - Rental Assistance	248-246-3290
Housing Assistance - Rehabilitation Loans	248-246-3130
Human Resources	248-246-3070
Ice Arena 1403 Lexington Blvd.	248-246-3950
Information Systems	248-246-3080
Landlord Licensing Program	248-246-3210
Library 222 E. 11 Mile Rd.	248-246-3700
Mahany-Meining Sr./Community Center 3500 Marais	248-246-3900
Mayor	248-246-3200
Motor Pool	248-246-3370
Normandy Oaks Golf Course 4243 Delemere	248-554-0027
Orson Starr House 3123 N. Main St.	248-588-0170
Parks & Forestry	248-246-3300
Planning & Zoning	248-246-3280
Police Department 221 E. Third St.	
Emergency.....	911
Non-Emergency.....	248-246-3500
Community Policing.....	248-246-3524
Detective Division.....	248-246-3515
Record Division.....	248-246-3530
Snow Emergency Announcement.....	248-246-3442
Traffic Safety Division.....	248-246-3505
Public Service Department 1600 N. Campbell	
24-hour Hotline Recording.....	248-246-3333
Highway Maintenance.....	248-246-3300
Parks & Forestry.....	248-246-3300
Recycling & Refuse Collection.....	248-246-3300
Sewer Maintenance.....	248-246-3300
Water Maintenance.....	248-246-3300
Emergencies after 4:00 pm & weekends.....	248-246-3500
Purchasing	248-246-3202
Recreation 1600 N. Campbell	248-246-3180
Royal Oak Golf Course 3417 Don Soper Dr.	248-554-0019
Salter Community Center 1545 E. Lincoln	248-246-3180
Senior Citizen Programs 3500 Marais	248-246-3900
Street Lighting 24-hour	248-246-3443
TDD (Hearing Impaired)	248-246-3010
Treasurer	248-246-3140
Voter Registration	248-246-3050
Water Bills	248-246-3160
Youth Assistance 1601 N. Campbell	248-546-8282
Website	www.romi.gov



FARMERS MARKET

Locally grown produce and plants are in abundance at the Royal Oak Farmers Market. Every Saturday more than 30 Michigan farmers set up their booths offering everything from apples to zucchini. Most are picked within 24 hours of purchase. In addition to produce, there are several vendors selling antibiotic- and hormone-free meats, free range eggs and chicken, cheeses, freshly made salsa, baked goods, and much more. **For more information, please call (248) 246-3276.**

Open All Year!

Farmers & Specialty Food Vendors are at the market

- Fridays and Saturdays, 7:00 am - 1:00 pm

Antique & Collectible Vendors are at the market

- Sundays, 8:00 am - 3:00 pm

Calendar of Events at the Market:

March

1	Sat.	Artist Market (9:00 am - 3:00 pm)
12	Wed.	Food Truck Rally (5:00 - 9:00 pm)
15	Sat.	Think Spring Craft Show (7:00 am - 2:00 pm)
20	Thur.	Jazz Fest (7:00 - 11:00 pm)
22	Sat.	3rd Annual Bestest Concert Ever (5:00 - 8:00 pm)
28	Fri.	Dance/ Arts (7:00 - 11:00 pm)

April

4	Fri.	Sip Savor Stomp III (7:00 - 11:30 pm)
9	Wed.	Food Truck Rally (5:00 - 9:00 pm)
11	Fri.	Blue Grass Event (7:00 - 11:00 pm)
25	Fri.	Sip Savor Stomp Spring Fling (7:00 - 11:00 pm)
26	Sat.	Spring Beer Fest (7:00 - 11:00 pm)

May

14	Wed.	Food Truck Rally (5:00 - 9:00 pm)
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June

5	Thur.	Biker Event (6:00 - 11:30 pm)
7	Sat.	Bacon Fest (6:00 - 11:30 pm)



Like us on Facebook!



2014 Royal Oak Memorial Day Parade and Events

The Royal Oak Memorial Day Parade Committee announced plans for this year's parade, which will be held on Memorial Day, May 26, 2014. This year the theme of the parade is "Honor Our Country, Honor Our Flag". The Committee once again extends an invitation to all veterans, veterans' groups, school and community organizations to participate in this expression of our community's gratitude to our fallen heroes.

The parade will start at 9:00 a.m. on Memorial Day, near Main Street and Harrison and will head north to Second Street where the traditional post-parade Memorial Service will be held at the Royal Oak Veteran's Memorial at Veteran's Plaza.

Continuing the success of an event introduced at last year's parade to involve our youth, young children will be encouraged to decorate their bikes and ride in the parade with a veteran or family member. New this year, the Committee is asking families and individuals who have lost veteran family member, to march in the parade carrying the folded U.S. Flag received at the veteran's memorial service.

The Royal Oak Historical Society will hold its annual Memorial Day pancake breakfast from 7:00 a.m. until noon at the Royal Oak Farmers Market.

In preparation for the Memorial Day tribute, the Royal Oak Memorial Society is seeking individuals and groups to help clean veterans' graves at Oakview Cemetery on May 3rd and 10th from 10 a.m. until noon and to help place US flags next to the graves on May 24th.

For information, contact the Committee at royaloakmemorialday@gmail.com or call Carol Hennessey at (248) 543-8420. The Committee also posts updates and other information on its face book page at www.facebook.com/royaloakmemorialdayparade – don't forget to show your support by "liking" the page while you're there!

Clerk's Corner

Dog Licenses

Dog Licenses are available in the Clerk's Office. **All dogs must be licensed by their owner** (City Ordinance § 195-10). A copy of the dog's rabies certificate is required in order for the license to be issued, as well as proof of spaying or neutering. The licenses are issued according to the expiration of the rabies vaccination. A three year license is \$20 for dogs that are spayed or neutered. A three year license for dogs that are not spayed or neutered is \$40. There is a \$20 late fee if the dog license is renewed more than 30 days after the expiration of the current license. Residents who are 60+ receive a \$2 discount on dog licenses.

Mark Twain Dog Park Fobs

Dog Park applications are available on our website at www.romi.gov/portal/general-information/forms-and-applications or in person at the City Clerk's office. The application and waiver must be completely filled out and brought into the City Clerk's office in order to process. Owner must show proof that all shots for their dog are current (Bordatella, Distemper, Parvovirus and Rabies) when applying for a FOB. Non-residents must show a copy of their dog's current license. The fees for first time applicants are \$50 for residents and \$75 for non-residents. If

you are renewing your dog park fob, the yearly fees are \$40 for residents and \$65 for non-residents. If a FOB is lost and needs to be replaced, there is an additional \$10 fee. FOBs expire one year from the original application date. If there will be additional handlers in the household using the FOB, they must sign a waiver as well.

Rabies Vaccination Clinic

On Saturday, April 12, 2014, the City of Royal Oak and the Royal Oak Animal Shelter will be hosting a rabies vaccination clinic at the Department of Public Service, located at 1600 North Campbell from 9:00 AM – 1:00 PM. Dogs and cats can receive a rabies vaccination for \$5.

Regular City Commission Meetings

The City Commission meets regularly on the 1st and 3rd Monday of each month (unless otherwise noted) at 7:30 PM in the City Commission Chambers, which is located in Room 315 of City Hall, 211 Williams Street. The regularly scheduled meetings are broadcast live on Channel 17 for Comcast customers and Channel 10 for WOW customers. The agendas are always posted online at www.romi.gov the Friday prior to the scheduled meeting.



YOUR CREDIT MATTERS.

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REPORT LENDING DISCRIMINATION

1-800-669-9777 TTY 1-800-927-9275

WWW.HUD.GOV/FAIRHOUSING

Royal Oak DDA

March 28 - April 6: Royal Oak Restaurant Week

Enjoy 3-course lunch and dinner menus from over 20 downtown Royal Oak Restaurants. Options start at \$15, \$25 and \$35 per person! Visit rorainfo.com for details.

April 15: Opening of Sidewalk Cafes

Welcome Spring with the opening of the sidewalk cafes in downtown Royal Oak!

May 8: Ladies Night Out

The Royal Oak Association of Retailers presents Ladies Night Out from 6-10pm. Enjoy specials, sales, giveaways and goodies from the top shops and salons in downtown Royal Oak.

May 17: Wine Stroll

Enjoy featured wines and hors d'oeuvres from over 20 of downtown Royal Oak's top restaurants. Tickets are \$40 in advance and sell out! Visit www.rorainfo.com for details!



Property Tax Assessment Hearings

Royal Oak's 2014 Board of Review hearings will start on **Tuesday, March 4, and continue through Tuesday, March 11**. Additional hearing dates may be added if necessary.

Notices of new assessed valuations are mailed to property owners every year prior to the Board of Review hearings. The hearings are held for residents who wish to contest their new assessments. Protest at the Board of Review is necessary to protect your right to further appeals to the Michigan Tax Tribunal for valuation and exemption appeals and/or the State Tax Commission for classification appeals. Real or Personal properties classified Commercial, Industrial, or Utility may be appealed to the regular March Board of Review or directly to the Michigan Tax Tribunal without protest to the March Board of Review prior to May 31.

You must have an appointment to appear before the Board of Review. You may visit the Assessor's Office in City Hall or call (248) 246-3110 to schedule an appointment. **The deadline for appointments is 4:30 p.m., Monday, March 10.**

The hearings are held in Room 106 in City Hall, located at Third and Williams. The initial schedule is **Tuesday, March 4** from 9:30 a.m. to noon and 1:00 to 4:30 p.m.; **Wednesday, March 5** from 1:00 to 4:30 p.m. and 6:00 p.m. to 9:00 p.m.; and **Tuesday, March 11** from 8:30 a.m. to 11:30 a.m. and 6:00 p.m. to 9:00 p.m.

Any agent representing a taxpayer must present written authorization to the Board of Review at the time of his or her appointment. Letters of authorization must be for the 2014 tax year and include a single parcel identification number, the name of the authorized agent, the authorizing person's original signature and the date of the signature.

A property owner or agent representing taxpayer must provide articles of organization for a limited liability company to prove ownership.



The first step in reaching your goals is reaching the person who can help you achieve them.

Putting the needs of clients first is the approach I believe in. I'll work with you to find targeted financial solutions to help you plan for your unique goals. And together, we'll track your progress over time, adjusting your plan along the way to help get you where you want to go.

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Friends' Annual Used Book Sale March 6 - 8, 2014

Visit the Royal Oak Public Library for the **Friends' Annual Book Sale, March 6-8**. Gently used adult and children's books, and media will be on sale. The Friends of ROPL raise money to support youth and adult library programming. They also contribute funds to purchase books, e-books, audiobooks, databases, and other library resources.

The members-only preview is **Thursday, March 6, 5:00-8:00 pm**. Memberships are available at the door.

Regular sale hours are **10:00 am - 5:00 pm on Friday, March 7, and 10:00 am - 3:00 pm on Saturday, March 8**. The \$5.00 bag sale is all day Saturday.

For more information or to volunteer, call the library at 248-246-3700.



Royal Oak PUBLIC LIBRARY



248-288-4774

3204 CROOKS RD. SOUTH OF 13 MILE
ROYAL OAK

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FRI - SAT: 10AM-11PM • SUN: 11AM-10PM



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\$16⁴⁹



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COLLECTION**

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Our Commitment

Dear Royal Oak Families:

What a winter this has been!

Those of you with children attending our schools have received numerous communications from me as weather conditions have necessitated cancelling school. The decision to close school is one that I never like to make. Because every day of instruction is important for students, the decision to cancel a day of school is made very deliberately and carefully.

Students, parents, teachers, principals – everyone in our school community makes critical decisions that impact students and their learning each and every day. In our district, we have a clearly articulated vision and mission statement which serve as guideposts for decision making:



Vision: A Community of Excellence

Mission: Royal Oak Schools will create a world-class system for learning by building active partnerships among students, educators, families, and community to prepare all students to participate in an ever-changing world as responsible lifelong learners.

This fall, we took the next step in framing our commitments as a district by articulating district goals. Our four district goals, as adopted by the Royal Oak Board of Education, are:

- 1. Student Achievement:** Student Achievement for Royal Oak students will exceed national, state, and county norms.
- 2. Student Growth:** Each individual student will achieve at least one year's worth of growth for every year's worth of instruction.
- 3. Community:** School and community success are inter-related and active school-community partnerships are essential to both, therefore we will work to strengthen and increase school and community partnerships.
- 4. System:** Royal Oak Schools will responsibly optimize the use of resources for improving student learning.

A working document that identifies metrics to track progress toward these goals as well as the strategies we will use to achieve them is posted on our website, www.royaloakschools.org.

Each day, students, parents, teachers, principals, and countless others in our community make decisions about students and student learning in Royal Oak. With the direction provided by a clearly articulated vision, mission statement, and goals, we are committed to making the critically important decisions that will best serve our students and their learning.

Sincerely,

Shawn Lewis-Lakin, Superintendent





ROYAL OAK SCHOOLS

A COMMUNITY OF EXCELLENCE

**You Are Invited to Attend the
Royal Oak Elementary School
Open Houses! April 1-3**

See the buildings, meet the staff and learn about the curriculum

April 1, 6:30 p.m. Oak Ridge Elementary <small>306 E. Thimble Mill Rd. 248-580-8393</small>	April 1, 6:30 p.m. Upton Elementary <small>4400 Marchday Ave. 248-549-4968</small>	April 2, 6:30 p.m. Keller Elementary <small>1505 N. Campbell Rd. 248-542-8500</small>	April 2, 6:30 p.m. Oakland Elementary <small>2415 Brockton Ave. 248-542-4406</small>	April 3, 6:30 p.m. Addams Elementary <small>2222 W. Wexler 248-288-3100</small>	April 3, 6:30 p.m. Northwood Elementary <small>808 W. Twelve Mile Rd. 248-541-0229</small>
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Visit us at www.royaloakschools.org or call **248-435-8400 ext. 1260**

Royal Oak is a Schools of Choice District for Oakland County residents in Grades K, 1, 2 and 3. Applications for Schools of Choice will be accepted beginning March 3.